

Nature versus Drugs

A Challenge to the
Drugging Fraternity

ILLUSTRATED



HOW TO SLEEP

—BY—

AUG. F. REINHOLD, PH.D., M.D.

NEW YORK CITY.

Drugs Kill, But Do Not Cure.

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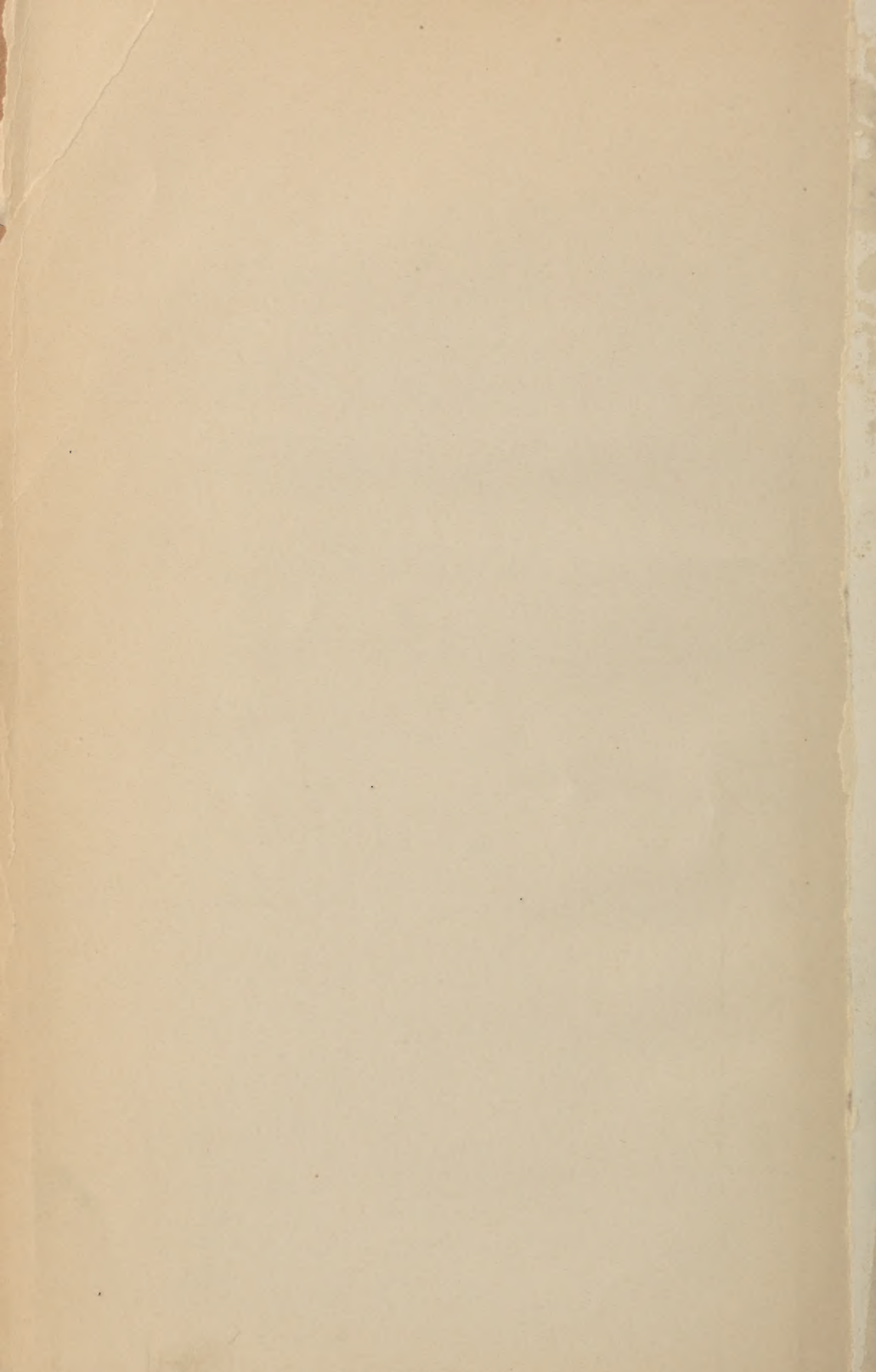


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Nature should ever be
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Reinhold

NATURE vs. DRUGS.

A CHALLENGE TO THE DRUGGING FRATERNITY,

WHICH, while immense progress has been made in all other sciences, still maintains, just as it did centuries ago, that a sick person must be poisoned in order to be cured. In this volume the author gives directions for a mode of living which will ensure perfect health, and he also shows how, by perverse living, health is lost. He has proved the correctness of his views by repeated success.

Illustrated.

THE body, composed of microscopic cells, builds itself up with the material absorbed in food, drink, and air. Assimilation and excretion take place in these cells, and if the ingesta be abnormal, or the excreta be unduly retained, the cells must become abnormal, and death will result.

Common sense would suggest the necessity of keeping unnatural substances, (i.e. such as cannot form healthy tissues), out of the system, and of promptly eliminating effete matter. Our drugging friends, however, insist upon putting poisonous matter *into* the already diseased organism.

We hope to prove in this volume that blindness, deafness, cancer, diabetes, all the numberless maladies pronounced "incurable" by the drug-schools are actually *caused* by the drugging fraternity—either directly, by means of "medicines," or indirectly by false principles of hygiene. Natural methods cure these ailments.

—BY—

^{August}
A. F. REINHOLD, Ph.D., M.D.,

Author of "Positive Prevention and Cure of Tuberculosis."
Translator and Publisher of L. Kuhne's "Facial Diagnosis."
Manager of Reinhold's Institute of Water Cure.

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TO
MY FELLOWMEN
IN THE HOPE THAT THEY MAY
SOON BE DELIVERED FROM
THE PRESENT SYSTEM OF
DRUG POISONING
AND
SURGICAL MUTILATIONS

THIS WORK IS EARNESTLY DEDICATED.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.



DEAR READER:—This volume was written for *your* benefit; and you will greatly find it so, if you peruse it with an unbiased mind and try to follow its precepts as much as your circumstances, energy and intellect will permit.

In every line of life, it is the ignorant who have to suffer.

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The author's intention in writing this book. The enormous and ever-increasing quantity of medical literature may well make its study perplexing and useless to the student of drugs. The only way for us to escape physical suffering is to reform the science of healing and prohibit by law the prescribing of drugs and the performing of mutilations (operations). Why the Water Cure movement waned for a time. Life Insurance Companies should endorse Water Cure, because it prolongs the lives of their clients. The Drug Schools hypnotize people into sickness, whereas the Naturists instruct the public regarding health. Modern comfort and ancient health are by no means incompatible. As man gradually strayed away from the natural mode of living, so people must return to it by degrees. An exhortation to the reader. Our challenge to the Drug Advocates.

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AUTHORS

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The Numbers In Parenthesis Refer to Authors Quoted From.

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'How we ought to live,' by Dr. J. F. Edwards (53).

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.



The ignorant are not cured, *e. g.*, those who possess so little acumen as to inquire of their drug venders what they think of Water Cure.

INTRODUCTION.



THE writer is a firm believer in the ultimate victory of all that is good, and noble, and pure. He feels at peace with himself and all creation. There is not a trace of hatred, grudge, or rancor in his breast, against any one. In his daily life he tries to live up to the ideals of universal brotherhood. In writing these notes he is prompted only by the desire to benefit his fellowmen to the best of his ability. If he appears partial to the natural methods of cure, and unfair to the practice of medicine, be assured it is not his intention or desire to be other than strictly impartial and true to what he believes to be truth.

Boerhave, the greatest physician of his time, was anxious that it should be publicly understood that even the most eminent doctor is somewhat of a "humbug." He carefully handed the key of a small diary to his executor, and bade him open it immediately after his decease and let the contents be given to the world at large. When the notebook was opened, all its pages excepting the last were blank, and on the final one was written in large letters: "Directions to Patients.— 'Keep your head cool and your feet warm, and leave the rest to Providence.' " From this it would appear that "to be well" is a very simple matter.

Wild beasts, though they have no doctor to take care of them, are always in excellent health. On the other hand, nothing is more rare at the present time than a person in normal health, and that many people are actually sick, the innumerable drug stores prove. As the city of New York alone is said to support an army of over 7000 physicians, people surely are not sick for want of medical attendance.

We find very few people of advanced age who have been free from sickness, and most of them have had their full share of suffering to endure. We call this suffering "human suffering" with reason, for no such state

of universal misery prevails in the brute creation in its natural condition. Only when animals come under the care of man do they begin to be visited by almost as many evils as their masters.

Considering the immense number of physicians in the city of New York, all of its inhabitants should be the picture of health. But can you produce a single normal person? Out in the wilds of Africa, far from the reach of "medical care" there may exist some normal, healthy people. Does it not seem that there must be some grave fundamental error with the present system of medicine, when, in spite of this legion of physicians, sickness breeds and multiplies with frightful rapidity? Is it not possible that disease itself is *caused* by this immense system of drug medication?

In Germany, where there are numbers of learned physicians, the Water Cure movement has spread during the past few years in a most astonishing manner. May not this be an indication that the more enlightened people are recognizing the radical wrong in the drug system, and are waking up to its defect, and struggling for life and health?

When in this book we use such expressions as "medical people," "medical profession," "M. D.'s," etc., we do not refer to all who have studied medicine, but simply to those who having devoted years of labor to this subject still have not found out that it is a total failure. We mean those people who prescribe poisons, in the erroneous belief that poisoning can make sick people well. We rather judge that anything capable of ruining vigorous health, is fatal to impaired health. We make every distinction between a person who has studied medicine, and one who has a license to poison people and who exercises his privilege.

For all who are sick and groping in the dark for their lost heritage,—health,—these notes are written. Women who dread the fatal consequences of childbirth,—and desire an easy parturition and the ability to nurse their children with satisfaction and comfort should at least scan this book. Parents who would guard their children against the dangerous diseases of infancy and prevalent contagions, and who wish to see their latent faculties unfold to their fullest extent, should read this book. Any one who wishes to escape the present misery and the consequences of disease, and to enjoy continued health, should look into this vital subject. Whoever wishes to attain the highest development here and the greatest happiness hereafter, should see if he cannot find some suggestions of reason and help in these pages.

Do you wish to reach old age in full enjoyment of all your faculties? Do you not desire, when you reach the evening of life, to be able to look

back upon your past with the consciousness that it was not a failure, and that you have been true to the best light given you, and that to the full extent of your ability, in harmony with the laws of the universe?

Then, give these pages your earnest, impartial consideration. Remember, you are your own creator.

“Man is his own fate, and in himself,
Can make a heaven of hell, a hell of heaven.”

This controversy concerns you vitally. Form your own unbiased opinion as to which side has the sanction of Truth and Reason; and then have the courage of your conviction,—act. Wait not for the ratification of the majority, but secure your own health, your own happiness. Our desire is to appeal to your intelligence and reason. It is truth, and only truth that we wish to place before you. The magnitude of our undertaking does not daunt us: the contempt which the drugging people cast upon us does not discourage us,—for we have Truth on our side, even as Galileo, who was one against millions. “Truth and one make a majority,” and though ridicule, and severe contempt, and persecution be piled mountain high on Truth, she will rise again, will conquer,—slowly, it may be,—but surely and inevitably.

“Truth crushed to earth will rise again;
The eternal years of God are hers,
But Error, wounded, writhes in pain,
And dies among his worshippers.”



As our desire is to find the highest Truth and to express it so clearly that “he who runs may read:” and so give to man the greatest benefit from our research, we shall receive very gladly any just criticism, suggestion, or opinion.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
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NONE BUT NATURAL,
COMMON-SENSE METHODS
ARE USED.

HEALTH.



HEALTH pertains to body, mind, and soul. These three are most intimately connected, and whatever influences the body has also its effect upon the mind and soul. The body is made up of various organs, each having a definite task to perform, and perfect health of body, mind and soul consists in these organs performing their functions normally and harmoniously.

The body does not remain unchanged for one moment. Its old particles are constantly replaced by new ones, and this transition constitutes life. Its changes are carried on by means of the assimilating and depurating organs. The former are instrumental in transforming the food into tissue, and the latter remove the dead particles from the system. Bodily, mentally and spiritually we are constantly born again and incessantly dying,—burying old notions and adopting new ones.

We doubt whether there is a single human being living now who knows by experience what perfect "health" means. People are not healthy. The great number of physicians, drugstores, hospitals, asylums, etc., as well as the lessening of the average duration of life, all prove a universal state of disease. As without health there can be no real enjoyment of life, the road to happiness, long life, and true development must be through "perfect physical health." To this end we must find out the nature and cause of disease, and how to avoid it.

Dr. A. Flint says: "*To define health is not less difficult than to define disease.*" Other medical men say that health consists in the normal exercise of all our organs. But they fail to tell when these organs act normally, or how it ever happens that their functions become abnormal. They have a diagnosis to recognize disease, but they lack a standard of health. *Many sick persons are conscious that they are not in a normal state, and this*

consciousness is proof that health was originally our inheritance from nature. But we have lost it; we have forfeited our birthright. As to food, clothing, lodging, etc., we have deviated so far from nature that it is very difficult to find a normal human being. If our physical organs could act normally, our mental and intuitive powers would also be normal. And it is our intuitive power that entitles us to maintain that all wild beasts are healthy. Hence, *as man is diseased, in order to find out the conditions of health, we have no alternative but to turn to animals for instruction. They live naturally, and have always done so, in close contact with nature; and they must be nature's exponents to us as far as physical health is concerned. In fact they actually represent Nature to us, for sound instinct is unerring, but reason and judgment are not.*

A perfectly healthy person never thinks of his well being.

If mankind were as normal as animals, they would lack the conception of health and disease. If you say to a person, "How do you feel to-day?" the answer may be—"Like a fish in water." Now as man considers himself the masterpiece of creation, and prides himself on the number of learned physicians and efficient drugs at his command, it surely is strange that when he wishes any one to understand that he is in good health he compares himself to a creature which never had either doctor or drugs. As long as man continued to be in close contact with nature, "to be well" bodily and mentally was his permanent condition. He enjoyed it without giving it a thought. To-day, perfect health is the possession of the wild beasts only.

We would make a grave mistake were we to look for illustrations of "nature" in domestic animals, as man's perverse ideas have contaminated them as much as himself. They have been dragged down to the level of man and are as unhealthy as he is.

All wild animals (except the nocturnal) get up with the sun, and they eat the food provided for them by nature.

Every animal in its natural state has, on an average, *one* kind of food only, on which it subsists the whole year around. Thus, the lion eats the flesh and smaller bones of the animals he kills. The cow eats the grass, and from it gets all she requires for her blood, bones and muscles, and also fat to keep her warm. Fowls eat entire grains. *Animals restrict themselves to their natural diet exclusively and never touch any other. A caterpillar, for instance, will actually starve to death rather than touch any other leaves than its own special kind. As a rule, the food of animals is little concentrated and they get plenty of bulk with it. They take it raw, unspiced, and unspoiled by the cooking process. They eat it at the external temperature.*

For instance, the deer in winter seek their food from underneath the snow, and eat it with the ice and snow still clinging to it. Owing to



FIG. 1 —DEER. They are out night and day, summer and winter, rain or shine; picking their food from underneath the snow, and eating it with the snow; they have no shelters, no fires, no cooked food, no stimulants, and no clothes,—neither have they doctors, drugstores, nor disease.

this circumstance, animals never feel cold in winter, though they have no shelter even in the stormiest nights. Though exposed to the heat of summer and the icy cold of winter, to sunshine, rain, and snow, they never "catch cold." *They have no regular meal times, but eat whenever the system requires food. Appetite is their only seasoning, and no condiments tempt them to over-eat. They eat only to live, and they expel effete matter the instant the system has no further use for it. For a beverage, water answers all their wants. They eat and drink for the purpose of satisfying their needs. In looking for their food, etc., they get regular exercise, requisite for their well being. After meals, however, they invariably rest. The air they breathe is the purest. It also has free access to their skin, and their bodies receive sufficient exposure to the light of day. Even when living underground, they manage to keep themselves exceedingly clean. Their limbs and digestive apparatus are not hampered by tight clothing. With animals, sexual intercourse takes place only for the purpose of procreation, never for mere lust. The young, whether one or a dozen are born at one time, are easily produced without the assistance of*

male or female midwives. Their females never suffer with childbed fever, never die from giving birth, and are as alert the moment the act is over as at any other time. They always have an abundance of milk for all their young, and as long as the female lives, no bottle feeding is ever resorted to. Animals, barring accidents, rarely die from any cause except old age, and have no pain or misery save what is brought upon them by accidents, or by other creatures. It is never caused through their own perverse living. Death with them is as natural, painless, and unconscious as their birth. Their whole lives are devoted to the welfare of the next generation, for which at any moment they are ready to lay down their own lives. There is virtue, but no vice among them. They fulfill their mission in creation. By every act, in this way, they raise the manifest world to a higher plane of conscious existence. In a herd of wild horses only the very young and very old can be distinguished. All the rest, of various ages, both male and female, scarcely differ in size or aspect. Their bodies are perfect and symmetrical, and their senses and faculties of uniform development. Living thus naturally, all their senses are perfect and all their desires normal. There are no excesses of any kind. They are a credit to their creator, and they have their reward in their immunity from sickness.

Now, what can we learn from this, that will bear upon the subject of our own well being?

Physically, man is an animal, and the functions of his body are governed by fixed, unchangeable laws. His muscles are the same as those of the brutes, and his blood the same. His internal organs act in a similar way; the same laws govern reproduction in them and in us. Civilized man is an *artificial* animal being guided by *custom and fashion*, and *not by instinct*. Consequently, *he has inferior health and many diseases.*

Several times a day we sit down to the table to eat. We need food because our bodies do not remain the same for a moment. The old particles are constantly eliminated by the depurating organs and must be replaced by new ones. The new particles are elaborated from the food by the assimilating organs. Besides these, we possess organs of special senses. The higher orders of creation have many organs which the lower orders, such as plants, etc., can dispense with. Mankind has these special senses, including the intuitive and reasoning faculties. Lower orders of being, such as vegetables, etc., are placed *in* their necessary nourishment. Man must move about to obtain his nourishment, carrying his assimilating organs,—his roots, as it were,—within him. He has various senses, *sight, smell*, etc., *by which he searches*

for and locates his food, which the muscular system enables him to reach and obtain. The senses of smell and taste enable us to discriminate between what is nutritious and what is injurious, and if the instinct, or intuitive faculties were normal with us, their promptings could be implicitly relied upon. For instinct has its root in the accumulated experience of all past ages, and is the result of the actions of all former generations. The Reason has mainly to do with planning and providing for the future, and an element of uncertainty enters here, which renders its results not wholly reliable.

Every movement, sensation, or thought entails a change in the body. This alteration consists in the exchanging of dead particles for new ones; the old ones being cast out of the living tissue, new ones take their place. The substances which nature rejects, must be promptly eliminated. The fleshy particles of our bodies are replaced once a year; and the bones, every seven years. Hence, in seven years we have been the possessors of seven bodies of flesh and blood, and of one frame of bones. Our other parts—mental and moral, are undergoing the same incessant re-incarnation in a very similar way. *Our bodies, being built up from the food, crave for the same materials of which they consist. Our proper food, then, is that which contains these ingredients.* And substances in us, call for like substances without, to supply the waste of the system; such substances constitute man's Natural Food. Life consists in this exchange.

The food, our future body, mind and soul, is received by us, in the solid and liquid form, by way of the mouth; in the gaseous form by way of lungs and skin; and as luminous ether, by way of the eyes and skin.

The living body is warm, and capable of performing work. It resembles a steam engine most closely. Both need fuel to produce the requisite heat and power. Both wear out, and need to have the outworn parts replaced. Both produce debris. Both need free access of air, to bring about transformation of the innate power lying dormant in the fuel, into active heat and energy. For the permanent running of an engine, four totally different articles are required, to wit: metals, fuel, air, and water. Provisions also must be made to remove the ashes. A working engine cannot be built of coal, nor can it be fed on metals.—Each of the four substances has its definite office to perform. To keep our bodies in perfect working order, we also need these different substances—viz. materials to build up our bodies, fuel, water, and air. *Our building food is totally different from our fuel food, and one cannot replace the other.* Hence, the proper selection of our food is very essential. After an engine is once built, little material is required to keep it in repair. It needs several times as

much fuel. After a person has attained his full growth, the fuel food required will exceed the repair food in quantity, about six times. *Hydrocarbons constitute our fuel food*, and are found principally in starch, flour, fat, and sugar. *Our repair food is of two kinds*; we require substances containing nitrogen (*albumen*) for the blood, flesh and nerves; and certain *mineral* substances, such as lime, iron, phosphorus etc., for the bones and teeth. Water is required, to transform the heat into power.



FIG. 2—



A, A GRAIN OF WHEAT. *B*, a section, showing the 3 layers; to wit: *a*, the husk: *b*, the gluten, which builds up our body; *c*, the flour or starch, which produces the animal heat.

be present in our minds, and acted upon at meal-time. When we act thus rationally, less labor is expended in maintaining normal vigor; and energy, economized in this way, is saved for mental achievement, and for *the extension of life*.—Hence, in order to nourish well the body, mind and soul, which make the unit—man—it is necessary to *chew thoroughly and carefully, until the mixture of food and saliva form a kind of pap*. Solid food offers considerable resistance to the teeth. This resistance draws the blood to the jaws, thus nourishing the roots of the teeth and keeping them sound and strong.

First in the stomach, and then in the intestines, the food-pap is mixed with other juices, which are also secreted very slowly. This is another reason why food should enter the stomach gradually. While the process of digestion is going on, the muscles of the stomach keep up a continual

Our *teeth* indicate that food should be taken in *solid* form, and not as soups and broths. A large amount of our food, such as bread, potatoes, rice and barley, consists of starch. Our system cannot utilize these substances directly; *they must first be transformed into 'grape sugar.'* This transformation is brought about by the *saliva*, which is secreted *slowly* and gradually during the process of mastication. The more thorough the grinding up of the food in the mouth, and the more thorough the insalivation, the easier is the digestion and assimilation, and the more nourishment does the body draw out of a definite amount of food; as this is a most important feature, it should always

churning motion, forcing the food back and forth, and allowing the gastric juices to penetrate every portion. This churning process is continued until all the food is digested. Thus the food is more and more elaborated, until it is changed into blood, which nourishes every part of the body. To have good brain, nerves, and muscles, noble sentiments and pure desires, we must have good blood: to have good blood, we must have proper food, and that food must be well digested. And, again, to digest well, we must have good nerves and a peaceful mind.

Thus we see that all our functions form one uninterrupted chain,—an unbroken circle. If any hitch occurs, the entire machine is disturbed, and if any link is broken, the whole machine stands still.

The *blood* is the undifferentiated body, mind, and soul, for it nourishes all three. *If the composition of the blood is normal, every organ will be built up and will act normally. The blood cannot be of the proper kind, unless the food from which it comes, is of the proper kind.* If we see two persons, of perhaps thirty years of age,—one living on coarse bread, vegetables and fruit, and the other swallowing oysters, champagne etc., though both appear equally well, this is no indication that the kind of food we eat is immaterial to our well-being. If we look at the same two people some twenty years later, we will probably find the first person still enjoying full health and strength, while the second is either laid up with gout or paralysis, or is already forgotten.

Digestion is not only a chemical process, consisting in the action of the various secretions on the food taken; it is also a process of fermentation. To facilitate this, it appears that living germs must be taken with our food. Experiments with animals are said to have been proving that, though fed upon the best diet, they die within a few weeks if the food has been sterilized. You all know that stale bread is more easily digested than fresh bread. The writer thinks that this is, because the baking process kills the microbes: but their germs, being much more resisting, survive, and by degrees develop and multiply. The fresh bread being deprived of the microbes, its natural ferments, cannot undergo this process of fermentation, and remains undigested. In the stale bread, the microbes have had time to develop again, and thus induce fermentation and digestion. However this may be, there are other substances generated in our system, which, acting the parts of ferments, aid in breaking up the food, and which must not be interfered with by poisonous drugs.

The *intestines* are not mere tubes to carry off the waste matter, but *are* complex and wonderful organs, full of arteries, nerves, veins, glands, lymphatics etc. The internal coat of the small intestines is covered with mi-

nute excrescences, like teats, myriads in number, called 'villi.' Our body resembles a plant somewhat, but with this difference; animals are detached from the ground, carrying their roots with them, and their food inside, while plants are stationary, and take their nourishment from the outside. The villi are our roots; while the food is passing along the intestinal canal, the villi draw the nourishment from it.

As we have two kinds of organs—namely those that manufacture blood, and those that secrete waste matter from it, so *we have two kinds of blood*, the bright, arterial fluid, and the dark, venous blood. Both circulate incessantly through the body. The heart, the center of the blood circulation, is a powerful hollow muscle, and acts on its contents both as a forcing and suction pump. It forces the dark blood into the lungs, draws it back as bright blood, forces this into the remotest parts of every organ, and draws it back again as dark blood. Then the play commences anew. The dark blood may be said to derive its color from coal, or carbon, which it contains in the form of carbonic acid gas. If you heat a piece of starch or sugar sufficiently, it turns black. This is, because it is composed of the same elements as coal and water; and the heat, driving the water out, leaves the coal behind. The starch, fat, and sugar in our food consist of coal and water, and, therefore, are the sources of the carbon in the blood.

If charcoal is pulverized very finely, it is apt to take fire spontaneously. During life, our body is warm; in death, it is cold, and no amount of clothes can rewarm it. We carry the principle of heat within us, inasmuch as *our various tissues act the part of heating stoves*. The phenomenon of burning is produced by the combination of two articles. The coal in the stove combines with the oxygen of the air. The coal is not thereby destroyed, but made invisible, and the new product escapes from the flue as carbonic acid gas. This very indential process takes place within our tissues. The tissue of the *lungs* forms countless air-cells, into which the air is inhaled. This air, being separated from the blood by a very thin membrane only, penetrates the latter. The air which we inhale differs materially from the air exhaled. The air, being a mixture of two gases, the oxygen and nitrogen, loses a portion of the oxygen to the blood. This gas is then conveyed to the tissues where it combines with the carbon or coal forming carbonic acid gas, and giving rise to the animal heat. By the absorption of the carbonic acid gas, the color of the blood changes from a bright to a dark red. The dark blood is then forced into the lung tissue, where it exchanges its carbonic acid gas for oxygen, and also recovers its bright color. We see then that *both kinds of blood are alternately changed from one to the other, and that both are equally good and indispensable*. The

carbonic acid gas, being the product of combustion, is not combustible itself; a burning candle brought into a room filled with it, is instantly extinguished. It is equally destructive to animal life.

This gas is such a powerful poison, that, *if we were to breathe in the same breath a second time*, death would result in a few minutes. *Hence we see the great importance of breathing only fresh air, which has not been inhaled before.*

Man, as we take him to be, was originally an inhabitant of the warmer zones, and being a *plant-eater only*, found sufficient nourishment in the rich fruits, and nuts, and other vegetables of the tropics. Spreading then over the colder countries, *the bulk of man's food should be made up of cereals.*

All grains consist of three parts — the outside husk, the sticky gluten next to it, and the starch in the centre. What milk is to the infant, grain is to the adult. It is his ideal food, containing well-nigh all the nutriment his body requires. A horse subsists almost entirely on oats. The gluten contains nitrogen; it is building-food, and makes muscle. The starch is heating, or fuel-food. Our intestines have a certain width, and as they contain circular, muscular fibres, these press down upon their contents. If our food be too concentrated, offering too little bulk, the bowels are not sufficiently distended for the muscles to operate upon, and *constipation* is the result. The husk of the grain gives bulk to our food, and enables the intestinal muscles to work. It also facilitates the penetration of the various digestive fluids, and serves as a mechanical irritant to the intestines. The same as massage and friction draw blood to the external skin, this coarser part of the food draws blood to the internal skin; and as this arouses the secretion of the digestive juices, we see clearly, that the importance of retaining the husk of the grain in our food, cannot be over-estimated. Hence, *in order to be well fed in every way, we must eat bread made of the entire grain.*

For variety, there are: oatmeal, rice, barley, corn, carrots, turnips, tubers, cabbage, cauliflower, all the leguminosae, all kinds of berries, fruits, nuts, greens, as well as Italian macaroni; — in fact almost everything from the vegetable kingdom, except the spices and vegetable poisons — usually termed medicinal herbs. *Nature, we see, has been quite lavish to man.* There is no necessity for his resorting to *meat*, which is unnatural and harmful to him.

No matter how much nourishment a substance may contain, it can be of no benefit to us, unless we eat it properly. Food should be taken as nearly as possible in its natural condition, that is, uncooked, unseasoned, and neither pickled nor preserved. Natural appetite should be man's only seasoning.

Originally, man had little variety. If we follow this hint we will not eat to surfeiting. As with a steam-engine, the amount of fuel depends on the power to be produced; so man's food must be regulated by his size, and by the amount of work he has to accomplish. Food should be *thick*, and rather *dry*, to give proper work to the teeth, and to allow time for the secretion of saliva. It is well to eat with a teaspoon. *Mothers, in weaning their infants, should insalivate the food, before giving it to the child.*

The question is often asked—“*how often should one eat?*” A swallow is on the wing the whole day long, and eats insects as fast as he can catch them. Birds pick grain and worms from morning till night. A cow chews almost incessantly. S. Kneipp recommends his patients to eat little at a time, but to eat frequently. *In books on hygiene, written by the drug school, we are told to keep regular meal-times, and to eat not oftener than three times a day, so as to give the stomach rest; also that our bowels should have one motion a day. Where these false prophets obtained their ideas, I do not know. We do not find them indorsed by nature. In fact in the course of this treatise, we will have frequent occasion to notice that the drugging profession mistakes our present, unnatural condition for the normal state of things; and, arguing from this, they pervert nature at every opportunity.* The writer knows from observation among wild beasts, from personal experience, and from his practice, that, if only natural food is taken, in its natural condition, and a little at a time, *we can eat a dozen times a day and with relish; proving that our stomachs do not need long periods of rest during the hours of waking.* The rule should be—eat when hungry; Of course, many people cannot live in this natural and ideal way, on account of their various occupations. They have to eat at regular hours, or not at all. But for all that, it is unnatural, and not the condition conducive to perfect health. The various kinds of food require different periods for digestion, which fact explodes the theory of regular meal-times. It requires little imagination to picture our far ancestors eating from the fruits about them, at very irregular hours,—perhaps every five or ten minutes, whenever they felt like it.

Notice how you eat a spoonful of soup, containing some solids; *e. g.* grains of barley; you will then realize, that the various parts of the mouth work in full unison, and yet entirely automatically. First, the liquids are squeezed out and swallowed, while the solids are retained, and pushed by the tongue between the teeth, until crushed to the required fineness. The stomach operates in the same way as another automaton. As a rule, liquids pass from the stomach in about half an hour, while our present solid food is retained from one and a half to five hours, perhaps more. Now, if *we*

eat soups, or drink with meals, the liquids are removed first from the stomach, and with them the various digestive juices; and the solids remaining behind, cannot be digested, because the initial step in the process of digestion consists in the chemical action of these juices upon the food. Hence, a person should drink not later than one half hour before, and not sooner than two hours after meals. One should never drink with meals, and no soups nor sloppy foods should be taken at all. Formerly if the writer had to go without soup, his entire meal was spoiled to him. He feels and thinks differently on this subject now. Food and drink have their definite purposes, *viz.*: to support life, and they should be taken mainly with this end in view—as we see with animals—and not for the sake of pampering one's dulled sense of taste.

Originally, man had no tumblers which he could empty at a draught; he had to scoop the water up with his hand. This allowed time for a thorough insalivation of the fluid. It should be taken in little sips. *The only beverage, a man should take, is water.* Just pure, plain water is the cheapest, most wholesome drink, a man can have. And if it were scarce, he would strain every nerve to secure it. With water we remove the dirt from our clothes. It possesses greater dissolving power, than any other liquid and facilitates all the exchanges in our body, 80 per cent of which is composed of this fluid. No life can exist without water. It is constantly thrown off from the skin, lungs and kidneys, and the need for it thus created is felt as *thirst*. When we abstain from meat, spices, and concentrated articles, such as candy, etc., and live on juicy fruits, we experience little craving for drink, because we obtain a considerable quantity of moisture in our food, and it is of absolute purity, distilled by the heat and light of the sun. We would recommend the eating of large quantities of domestic fruits, such as sour apples, pears, plums, grapes, berries, etc., in their natural state. Taking the larger part of the necessary moisture in this way, has the additional advantage of insuring the thorough insalivation of the liquid as well. Vegetables also contain a very high percentage of water.

As to TEMPERATURE, no matter what opinion the drugging people hold, we think we should follow the example of wild animals, and take our food at the temperature of the external atmosphere;—that is, in winter, ice cold. A person who lives naturally suffers little from heat in summer, and will not be subject to sun-stroke; and in winter, he will not be inconvenienced by the cold.

A person who lives abstemiously, is able to cut down his living expenses, if need be to ten cents a day, or less, and yet be well nourished, and in reality *better* fed than when he spent ten times that amount for indigestible articles. The writer, from conviction and choice, has been

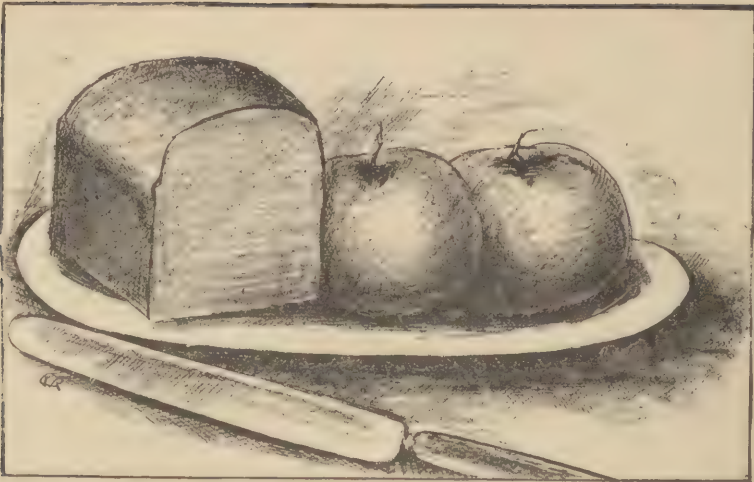


FIG. 3—FOOD. EXPENSE. A substantial meal, consisting of some whole wheat bread and apples, costing 5c; and giving vigor, endurance and contentment of mind.

If people would live abstemiously they would preserve their health, stamp out the drug poisoners and be able to lay by many a dollar for a rainy day.

living on raw, cold vegetables for a considerable time. He is in perfect health, and *has no craving for chickens, pigeons, etc., which he thinks may be good enough for a dog or a fox but quite unfit for the human stomach.*

(FIG. 3.)

We have to breathe in order to live. Few people know the value of pure air. Many seem to be afraid of it, and act as if it were a poisonous gas, to be kept out of their rooms. Now, pure air is our best friend, and, whether it is warm or cold, we cannot have too much of it. We can eat too much, drink too much and exercise too much, but we can never breathe too much pure air. We take 18 breaths per minute, and 25,000 a day. (FIG. 4.) If we allow two pints of air at each inspiration, this gives us over 50,000 pints of air per day. Air is a mixture of two gases: Every hundred parts are made up of about 80 parts of nitrogen and 20 parts of oxygen. It also contains a trace of carbonic acid gas. The air exhaled, contains about 80 parts nitrogen, 15 oxygen, and 5 carbonic acid gas, as well as some organic matter, thrown off from the body. Air containing but seven parts of carbonic acid gas, would cause death in a few minutes. The repair of the body, and the removal of poisonous material, goes on more rapidly during sleep, hence, pure air is even more necessary at night than during the day.

We need light as a food, to bring about the proper chemical decomposition and re-composition of matter in our bodies; and to this end, we should expose the skin to the light of day as much and as often as possible. *We can never have too much daylight.* But by our clothes, we rob ourselves entirely of this life-giving principle. It is the heat and light of the sun,



FIG. 4—DROWNED. Death from drowning as from hanging is the result of suffocation, or the want of air; death resulting in a few minutes; this shows the paramount importance of air.



FIG. 5—BRONCHIAL TUBE AND AIR VESSELS.

which make plants and animals grow. Every leaf turns towards the light, and every flower answers to its stimulus. Plants grow towards the light, and die from want of it. And just so the human plant droops, when light is scarce. Remove the sun from the sky, and soon all life would be extinct. The heat and light energies are stored up in plants, involved, wrapped up in them, as it were. If you kindle a piece of wood, heat and light appear again. In animals feeding on plants, as they do, the heat

and light of the sun are evolved again. They appear as physical power, mental energies, and manifestations of the life principle or soul.

The representatives of the drug system, after "curing" people, till they died, have searched the corpses with their knives and microscopes, but could discover no soul. As a rule, a person will find what he earnestly seeks for. But to find a soul, requires more intelligence than can be expected of those, who, in the nineteenth century, still try to make people well by poisoning them. Body, mind, and soul are one inseparable unit, and in death nothing is destroyed—not even their union is dissolved. Their inherent energies have only been transformed, and are no longer manifested in the same way. It is an open question whether the present materialistic trend of thought may not be largely attributable to the cynical teachings of the drug profession.

Several pounds of invisible perspiration are thrown off by the skin every twenty-four hours. Thus, we see the skin is not a covering only; this office is merely incidental, the main office being that of a respiratory organ, auxiliary to the lungs. Its surface is perforated by millions of pores. It is plain therefore, that the purer the air is in which we bathe our bodies, the more perfect will be the exchange of effete matter for the new vitalizing material taken up from the air. Thus we see our health is largely dependent on what we are able to draw from the invisible ocean that surrounds us.

A cat spends a great deal of her time in licking her skin; other animals, the dog, the cow, etc., have the same habit. Instinct tells them the great importance of freeing the skin from the dust of the atmosphere. Man should follow their example by bathing frequently, especially as the wearing of clothes deprives the skin of free access to the air.

The bowels and kidneys, too, throw off effete matter and unless their indications are promptly heeded, the system will become clogged, and unable to perform any function properly. The removal of effete matter should be as regular and as frequent as the taking of food. If, as we hold and will prove later in "Loss of Health," meat is unnatural to man, and the cause of much disease, then our race has been living wrongly as long as this practice has been in vogue. Now meat diet, made even more indigestible by cooking and condiments, combined with the prevailing lack of exercise, has made people more or less costive, so it is rare to find a person who has more than one passage a day. The drug profession always mistaking man's present degenerate condition for the normal, preach that this is sufficient. It is not so, however. All wild beasts have a number of passages, and any one who will live for some little time on natural vegetable

food, taken cold, uncooked and unseasoned, with sufficient pure air and exercise, will soon find that his own experience puts to shame the ridiculous theories of the drugging people.

The muscular system plays an important part in the exchange of particles throughout the system. Each contraction of a muscle is invariably followed by relaxation. Thus the blood is made to rush into or leave the muscles, which act as a sort of pump, something as the heart does. And it is this surging to and fro of the blood, which brings about the exchange of new and old particles. Exercise may be divided into physical and mental. A strong man is often described as being as "*powerful as an ox.*" "Did it ever occur to you that an ox does not frequent a gymnasium? neither does he swim, or row, or take part in walking matches." *The secret of his strength lies in the fact that he takes his natural food only in its natural condition.* Every motion of ours is performed by muscles. Every mechanical function of life is executed through their agency. Muscular tissue enters largely into the composition of the heart, stomach, bowels, etc. and forms by far the larger proportion of a man's entire bulk. Arms and legs are moved by muscular contraction; and bowels are relieved of their contents by the action of the muscular fibres of the intestines. Exercise means moving the muscles. Every contraction is produced at the expense of the muscle, which is consumed and transformed into energy. There are two sets of muscles, the voluntary which move the limbs, and are under the control of the will; and the involuntary, such as the heart or stomach, over which the will has little or no control.

The voluntary muscles are also of two kinds: the extensors, which stretch a limb, and the flexors which bend it back or contract it. By straightening out your arm, you may push an enemy from you; by bending your arm, you may draw a friend toward you. The extensor muscles defend you against harm, whilst the flexors administer to your wants.

The involuntary muscles are actuated by a power of their own, while the voluntary ones are under the direction of the will. Our will is in turn prompted by desire, and guided by instinct and reason. Every motion has a purpose. *If successful, the sensation of pleasure is aroused; otherwise, pain results.* Thus the exercise of the muscles is also of benefit to the mind, and *vice versa*.

Just as there is a definite limit to the beneficial exercise of any muscle, so every organ or function must be allowed periods of *rest* and recuperation. Physical and mental work, both entail loss of energy; hence, *one* cannot be considered as recreation from *the other*. Any exertion should be followed by a period of absolute rest, and then other energies

could be exercised to advantage. *A man's working capacity is greatest, if all his organs are exercised equally and harmoniously.*

By the exercise of any organ, blood is drawn to that organ, which is nourished in consequence. Every thought conceived, or emotion felt, necessitates a wave of blood rising to the brain. The various ideas and emotions arise in different parts of the brain. We can conceive of but one thought at a time because that extra blood-wave which supplies the concrete material necessary, can be sent to only one part of the body at a time. If we want to produce some extra feat of strength we must concentrate the attention to the muscular action, undistracted by diverse thoughts; similarly, when thinking or concentrating the mind, the body should be kept in perfect repose. It is, for the same reason, injurious to exercise, bathe, or think intently, directly after meals, because digestion requires the presence of the blood in the stomach, and those exercises tend to draw it elsewhere.

The frequency and force of the contraction of the heart, as well as the action of the lungs, and the whole apparatus of digestion and secretion, are worked upon in a double way. In the first place, they are kept incessantly in motion by a peculiar force called *vital power* and secondly, they are to a much less degree, influenced by emotions of sorrow, joy, etc. Now as the vital force may be somewhat identified with man's soul, and his emotions regarded as children of his mind, the muscles thus form the link between man's mind and soul. All three,—the body (muscles), mind, and soul,—form thus one indivisible unit, and the health of the two latter depends upon the normal working of the former. Body and mind are, as it were, parts of man. Our body consists of organs, our mind of the faculties, to will, to remember, to imagine, to comprehend, to reason, to feel, to be conscious, etc.

We distinguish between dead bodies or corpses, and live bodies. In both, chemical changes take place. In the dead body, the changes in the various organs take place independently of one another, and will within a short time, appear as complete dissolution; the changes in the parts of a living body are interdependent, and serve to maintain the integrity of the structure for a considerable length of time. No new material is taken into a corpse, but a live body receives large quantities from without. This food, while passing through our system, has its carbon burned up, and thus, by a transmutation of energy, gives rise to mental and psychical phenomena. During life, all our organs are actuated by a peculiar something, referred to as *vital force*. We ascribe to it, all manifestations of life, but principally the involuntary ones. As no Will can

exist without life, Will, too, is a manifestation of this mysterious something, regarding the origin of which we, as yet, know nothing. This same animating principle of life is also referred to as the Soul. This vital force superintends the automatic action of the mouth, liver, heart, lungs, intestines, etc., without the assistance of the will, or consciousness, as long as life lasts. It stimulates our desire for food, and signalizes the necessity for new supplies by the sensations of hunger and thirst. It also indicates the time for removing waste matter.

Pain is its danger signal. One of its functions is, to repair damages. For instance, if the tail of a certain kind of lizard is broken off, it will grow again; if a lobster loses its claws, they will be replaced; if a part of our skin is torn away, a new one will form, etc. The injury causes pain; it is first felt by the brain, and thence telegraphed, as it were, to the seat of vital force, the main seat of which seems to be the ganglionic system, running along the spine. The vital force, in this relation called *vis medicatrix*, or mending power, thereupon sends an extra supply of blood to the injured part, which blood then repairs the damage in a rather mechanical way. *Pain*, whether superficial or internal, *is always caused by some foreign object*, which is injuring a nerve. In such a case, the *vis medicatrix* is always ready to assist. *In fact, it is this innate power, this one side of the vital energy which is a part of us, which does all the mending or curing. Nothing else CAN cure. No drug, no knife, no drug prescriber can cure. They can only do harm, and obstruct the course and retard the assistance, of our natural vital healing power.*

Considering all the phenomena of vitality at our disposal, it would appear that *each being is supplied with a definite fund or capital of vital power at birth, to which no art of ours can add, but on which we subsist; and gradually thus exhausting the stock, we finally die when it expires. But it appears that we have the power to economize this fund, and so spin out our existence to a longer period than if the vitality be wasted in wrong living.* Its working may be compared to the spring of a watch. The action of this is strongest just after being wound up, and grows weaker and weaker as time goes on, till it finally runs down. Thus it is with Vital Power; most vigorous at birth, it produces rapid growth and great activity and change throughout the whole organism. Sleep affords recuperation; hence, children need a great amount of sleep, and the younger they are, the more they require. By degrees, this vital power lessens; growth diminishes, and at last it is quite exhausted and extinct.

But nature has provided a peculiar means of renewing or continuing the stream of vitality, by the process of procreation. By this process, the old or-

ganism, like the fabulous bird Phoenix, rises rejuvenated from its own ashes, born again in the offspring, to commence its cycle once more. There is, however, one great peculiarity about this, that we, with our limited minds, fail to account for. A clock gradually wears out beyond repair, but these organisms possess a peculiar power, by which they not only continue from generation to generation, but also *increase in number and perfection*—if greater diversification of organs and sensations constitute a higher state. *The evolution of sex apparently tends to increase perfection*, as two individuals will accumulate a greater fund of experience than one, and their combined knowledge is then to an extent transmitted to their offspring. These facts, with their deep mystery and meaning, even partially realized, would surely keep any one from sinking into gross materialism.

All vital phenomena in man can be considered under two heads—*actions* and *reflexes*. Both require an extra supply of blood, and this can be furnished only at the expense of vital force. Hence, every act, the mastication and digestion of food, the beating of the heart, the activity of the muscles and the brain, every thought and sensation, development in children, etc., all involve necessary expenditure of vital force.

If a person's vitality is run down the remainder may be insufficient to supply all his organs with vital nerve force, then the power is withdrawn from the more remote ones, such as the eyes, ears, extremities, etc., and when such a condition ensues, we say a person is blind, deaf, or paralyzed. The daily loss and recovery of vital power in the activities of our body is a normal function and is compatible to Health. But if we introduce into our body unnatural substances, such as unnatural diet, improper liquids or medicinal poisons, the system can derive no sustenance from them; on the contrary, as vital force has to be expended in ejecting them they represent just so much loss to the organism; thus the phenomena of disease are introduced, premature death made possible, and this by the very people who prescribe the poisonous drugs for healing purposes. The greater a person's vital power, the longer he will live, the taller he will grow, and when sick, the more rapidly he will recover. Women, not having indulged in the exhausting excesses by which so many men waste their vitality, usually recover under natural modes of treatment in about one third of the time required to restore a man to health.

The loss attendant upon the normal activity of our body being perfectly legitimate, nature has provided means of renewal:—*viz*: food,—sleep, air, light, etc. Food sustains vitality, but is not vitality itself; else wild animals who perform every function perfectly, and have no lack of food, would live forever. Man's vitality is something far more subtle than

food, something that has been elaborated and transmitted to him from the first moment when the evolution of organisms began on earth. In sleep, all organs are supplied with a certain amount of vital force, and whenever their allotted portion is expended the respective organs require rest, which is taken in different ways : the eyes close ; the ears become insensible to sound, etc., as Vitality has been withdrawn from them. Where has it gone ? What is it doing ? Herein lies the great riddle. Solve it, and you hold the key to the solution of the manifested universe.

Modern psychologists hold that our mental faculties are not separated by sharp lines of demarcation, but that their boundaries are merged into one another,—that they flow into each other, so to speak. The writer does not share their opinion, for many reasons. The various faculties develop independently of one another; each has its separate history, and each performs a cycle of its own.

Now, regarding vitality we may say, it constitutes three different cycles in man, *viz.*: the senses of sight, hearing, etc., also the muscles, and the mind have alternate periods of activity and relaxation. Their vitality is exhausted and has to be recuperated by rest, sleep, and food. This constitutes the first cycle. Man's physical development, his growth can rise to a certain stage of development and then can go no farther. It requires regeneration in the offspring. The parent directly loses and sacrifices his vitality in the act of procreation, or, rather, in this act, he transmits a portion of his vitality to the next generation. This cycle, between his own birth and his re-birth in the child, is the second cycle through which man passes.

The third and final cycle consists in the gradual development and gradual loss of his individual faculties, both physical and mental. These rise, develop, and disappear independently of each other until finally the last ones close their cycle in death. But their effect is by no means lost, as, for instance, parents will expend their energies in caring for their children; and none of us can avoid making impressions on others, or reproducing our own energies and faculties in the work accomplished by us. If a shoemaker makes 10,000 pair of shoes during his life-time, he has incorporated his industry, energy, thought and other powers in this work; these shoes are the man's energies under a different aspect; and, giving comfort to the wearer, their inherent, dormant, or potential energy is restored in the wearer. The ancient Greeks are gone, but the energies stored away in their works of art, poetry and sciences have been and will be revived in many generations.

To understand something of the mechanism of the human body, and to realize in some small measure, what really wonderful organisms we are,

it may be well to remember that the human body contains 245 bones and 500 muscles. The body of an adult contains about 30 lbs. of blood. The heart beats seventy times per minute, 4,200 times per hour, 25,792,000 times per annum. It propels about $4\frac{1}{2}$ lbs. of blood per minute, 266 lbs. in one hour, and 5,800 lbs. or almost 3 tons in 24 hours. All the blood of the body passes through the heart every eight minutes. We breathe about 1,200 times per hour. Every square centimeter of our skin contains 12,050 pores. These items, which refer only to the material organism, sink into insignificance when we attempt to grasp even the smallest conception of the finer, more subtle qualities that compose the inner life—the soul.

Now with such a precious, such a wonderful treasure committed to our keeping, should we not be willing, nay glad, to welcome any method which shall enable us to restore it, to its normal perfect state, and to maintain the body and the soul in that perfect condition?

The writer who has proved the possibility of such a restoration, offers to all who suffer, to all who are conscious that their condition is not normal, these rules for a natural method of living: which, if faithfully adhered to, will of necessity bring our bodies and therefore our souls, to the highest states of material and spiritual development.

Man's *natural* food as we will prove (Is it not absurd to the highest degree that such a question is made the subject of argument at all?) consists of fruits, cereals, carrots and leaves, such as cabbage and other vegetables. There should be no craving for condiments, candies, or any artificial product. All food should be eaten raw; if not stimulated by spices, no one would eat or drink beyond the needs of his system. Thirst should be quenched by plain water. Coffee and tea should be despised; they would be relished by few people without milk and sugar. And the smell and taste of alcohol, under whatever euphonic appellation, should be disgusting to adults, as it is to little, healthy children. Food and drink should be taken of the external temperature, that is, in winter—ice-cold. We should always provide for the purest air by day, and more so by night, summer and winter. Effete matter, whether solid, liquid, or gaseous should never be retained for a moment after the voice of nature has summoned us. Whenever feasible, we should recuperate our vital power by exposing our naked bodies to the light of day. Clothes should be as thin as possible, and permeable to air, and possibly to light. In winter, the cooler our rooms are kept, the better for us. Rest should be sought by us during the hours of night.

Any one living up to these rules, is free from unnatural desires, and possesses a sound mind in a sound body.

In conclusion, we would say that Health is that state in which, unconscious of the actions of any of the organs, we experience only a sensation of general buoyancy, which no change in the temperature or vicissitude of weather can influence ; when we are proof against all contagious disease ; when the body is free and easy in all its actions, and the vitality remains unimpaired in all the organs.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.

COME TO
NATURE!

DO NOT ALLOW YOURSELF
TO BE POISONED!

PART II.

NATURE OF DISEASE.

PREAMBLE.



PEOPLE say, "I am sick," or, "I feel sick," when they experience some distress or pain. If these symptoms appear suddenly and unexpectedly, passing off in a few days, weeks, or months at the utmost, we speak of them as indicating "*acute diseases*"; but if they continue longer, it may be for years, they are referred to us "*chronic diseases*." In the latter cases, the condition of pain may finally change into one of palsy, where an organ or limb becomes insensible to impressions from without; for instance, if the eye is no longer impressed by light, we are blind. If the limbs lose the power and control of action, we are paralyzed. From the location of pain in the eye, ear, limbs, stomach, lungs, or other organs, the drug profession distinguishes hundreds of different diseases. As to the origin of acute diseases; — they are generally attributed to a cold, or to some excess in eating and drinking, or to infection, as in measles, cholera, etc. In regard to chronic ailments, the drug doctors ascribe them to heredity or to some unknown cause. These are *the views of the drug school on the subject of disease*; and the same opinions are held by the public; but from our point of view, *they are superficial, defective, and actually wrong.*

If you ask a drugging physician why it is that in a regiment of soldiers of about the same age and apparent health, faring alike as to food, exercise, etc., a change in the weather will result in rheumatism with some, and not with others; he may reply that those afflicted have a constitutional *predisposition* in this direction. If you ask the nature of this predisposition, he

cannot tell. Or, if you ask him why, *in case of cholera*, or any other epidemic, every one is not attacked, and why some recover, while others die, his answer is the same "predisposition"—of the nature of which, however, he is totally ignorant. Again, should you ask why the inherited predisposition to consumption usually appears in the infant as scrofula, and symptoms of tuberculosis do not develop until maturity; or, *what* was transmitted from the parent to the child, he does not know. Medical empiricism cannot tell you. Should you inquire, *if the predisposition to any disease,—rheumatism for example—can be diagnosed, medical science—so-called—will answer "no," but we say "yes"!* Our views of both the origin and nature of disease differ radically from those of the drug schools.

CHAPTER 2.

WHAT THE DRUGGING PROFESSION KNOWS OF THE NATURE OF DISEASE.



IF you were asked to define "Sickness" the very simplicity of the request might tempt you to scoff, but in trying to formulate your answer, you would find the task far from an easy one. Being puzzled, you would naturally turn to those who for centuries have endeavored to minister to the suffering world;—the Medical profession! Many articles have been written in this respect, but no would-be healer of their class

has ever given a simple and clear explanation of the *essence of disease*. The only people who have ever expressed a plain opinion are the advocates of natural methods of cure. L. Kuhne, especially, the author of "New Science of Healing" and of "Facial Diagnosis," by dint of the utmost sagacity, succeeded in almost exhausting this subject conclusively and satisfactorily. But being only an ordinary mortal, and not a learned member of the prevailing drug-school, his modest treatise is ignored by the latter. The medical people prefer such profound explanations as the one expounded

by Austin Flint, M. D., LL. D., Professor of the Principles and Practice of Medicine and of Clinical Medicine in the Bellevue Hospital Medical College of New York City, etc., who in his "Treatise on the Principles and Practice of Medicine," p. 22, says: "The definition of disease is confessedly difficult. It is easier to define it by negation (?), to say what it is not, than to give a positive definition, that is, a definition based either on the nature or essence of the thing defined, or on its distinctive attributes. Disease is an absence or deficiency of health; but this is only to transfer the difficulty; for the question at once arises, how is health to be defined? and to define health is not less difficult than to define "disease." Were you to ask a child, What is sickness? and it were to answer: It is the opposite of health, you might say: that is right; but, now tell me, What is health? Would you not feel angry, were it to reply: Well, health is the opposite of sickness? Now, in plain language, this is the very explanation the man of many titles has given of sickness. Mark also his logical reasoning; first he says: "It is easier to define sickness by negation," etc. But does he then define it negatively when he states that "to define health is not less difficult than to define disease? O, light of the medical profession! What penetration must those men possess who could raise you to the enviable pedestal of a professorship.

Once, when trying to explain the efficacy of the Natural Methods of Cure, the author was met with these objections: "Physicians are men of learning and have made health and healing the objects of special study. Earnest students and industrious workers have written thousands of learned volumes. Great institutions have been reared — shall all this be branded as useless? This is practically what is alleged by this handful of men who desire to overthrow the present order, declaring that medical men cannot cure; that drugs make a patient worse and not better, and kindred nonsense!"

To this, we reply: Friends, if your time-piece were out of order, would you entrust its repair to a savage who never saw a watch? Why then, in case of sickness, apply for cure to a person who does not know what sickness is? And yet that is what our forefathers did; and we are following blindly in their footsteps, by applying to the drugging fraternity, who, ignorant of the very nature of disease, underminē peoples' health in their frantic efforts to heal.

Flint does not stand alone in his ignorance of the nature of disease. Professor Gross says: "Of the essence of disease very little is known; indeed, nothing at all." And Professor George B. Wood, M.D., of

* Any other medical work upon the same theme will furnish much the same character of attempted definition.

Jefferson Medical College, Phila., Pa., ("Wood's Practice of Medicine") says: Efforts have been made to reach the elements of disease: but not very successfully; because we had not yet learned the essential nature of the healthy actions, and cannot understand their derangement. Another medical celebrity calls the curative measures of medicine "blind experiments on people's vitality." Now is it to this self-acknowledged ignorance that people should trust their lives and health? What confidence would you have in the skill of a shoemaker who knew not what a shoe was? Or in a tailor who never saw a yard-stick? Why then confide our most precious possession, health, life itself, to those who practically confess their absolute ignorance of the essence and nature of sickness, who consequently can only undermine health? Must not all efforts, based on ignorance of the underlying principles, result in dire confusion and utter failure?

Now after publicly announcing their absolute inability to define "sickness," should not this "learned profession" welcome or at least consider suggestions from any source upon this subject? And especially should such suggestions merit attention if the theory offered, satisfactorily answers the questions arising and explains rationally the existing phenomena, besides curing disease where medicine has failed. Surely, the *true* theory must be that one which cannot only *explain* the nature of disease, but can also *control and prevent* it. The reason why the drug advocates never have reached any satisfactory conclusion as to the nature of disease is, because they are near-sighted, and deal only with the single fact before them. They never in any single case follow the chain of influences back to the original causes, that is, the deviation of that individual person from the laws of nature. Can any drug physician tell you the *cause* of a cold? Or can he point out those who are disposed to colds, consumption, and contagious diseases? Can he give any principle on which this may be done? The drug people rarely tell their patients how to avoid *any* disease, for the simple reason that they do not know themselves, how it might be done. They cannot explain how a cold in the head or a rheumatic pain is caused. They speak of "*a latent condition of syphilis, a predisposition to take certain infectious diseases, of inherited diseases, etc.*" but they cannot tell what they mean by these expressions. Coming from their lips they are only so many empty sounds. We, however, can give not only a rational explanation of disease, and one that can be proved to the satisfaction of any intelligent mind, but we can also foresee, and control any form of disease known to man.

OUR EXPLANATION OF THE NATURE OF DISEASE.

CHAPTER. 3.



HAT a great many people are sick, is eloquently demonstrated by the innumerable drug stores and legions of physicians. A person may feel well one day, and be sick the next. In many instances this change for the worse comes upon us gradually like old age itself. What is the significance of this change from health to illness? How is it brought about? How can it be avoided, and if established, how can health be restored? These are questions of momentous import.

The sensation of sickness is anything but pleasant. In order to be free from it and also to avoid it in future, we must know its origin and nature. If we look into Medical books, we obtain no information. Ziemsen, *e. g.*, in his Medical Dictionary of twenty ponderous volumes, mentions a thousand forms of disease, and tells how, in his opinion, they should be treated; but he has not a word in explanation of the term "Disease". In this respect, *our arrogant, self-satisfied drugging people are in no wise superior to their co-laborers, the Indian medicine man, or to the Fetich worshippers of Central Africa.* (FIG. 6.) Thousands of technical terms are used in this dic-

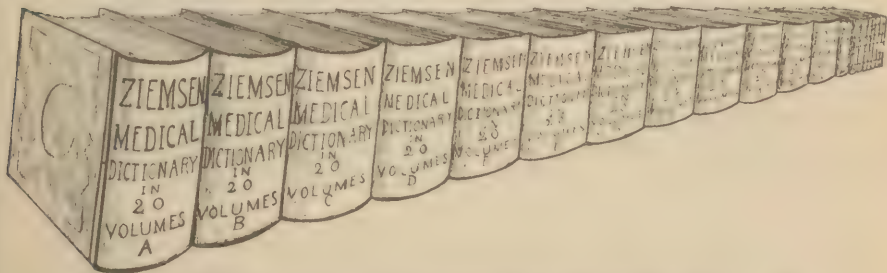


FIG. 6.—In this dictionary, not a word is said of what "Health" or "Disease" is; and not knowing the nature of these conditions, the attempt of the ruling medical schools to restore health, or to cure disease, only amounts to blind experiments, usually terminating fatally. This, if anything, should open the eyes of the drug profession to what is most needed.

tionary. But names are often dangerous as shielding our own ignorance from our view. Knowing a certain word, we mistake the knowledge of this empty sound for an insight into the nature of the thing itself, which is a grave error. It impresses us as highly essential that the people should wake up to this disparity of assertion and fact, otherwise little hope can be fostered that the medical profession will investigate new ideas.

Fortunately for us, this dark secret as to the nature of disease has been discovered, mainly by the efforts of two non-medical men, Louis Kuhne and Sebastian Kneipp. Kneipp attributes all forms of disease to two causes; namely, either to impure blood, or to an improper distribution of the blood to the various parts of the body. Louis Kuhne acknowledges but one cause, to wit: foul, corrupt matter, encumbering our system.* We support Kuhne, adding that the abnormal supply of blood to the various organs is secondary, being the *result* of the obstructing deposits.

In many acute cases, the body possesses vitality enough to throw off this unnatural matter in the form of rashes, ulcers, and pimples, etc. If a sick person weighs two hundred pounds when commencing a course of natural treatment, and has lost forty pounds when restored to health, the difference means the system freed from that much foul matter. If two people are bitten by a mosquito, and no lump is raised in one person, while a considerable ulcer forms on the other, the system of the latter person is heavily encumbered. If two people expose themselves to colds, and one contracts rheumatism in his (FIG. 7.) right shoulder, whilst the other remains unaffected, the system of the former was charged with foreign matter which settled in the shoulder and caused the pain. The system of the latter being comparatively pure, could form no deposit nor give rise to any pain. In coughing, people try to dislodge some foreign matter. If the nose or eyes are inflamed, foul matter is excreted. In discharges from the ears, urethra, or vagina, it is corrupt matter which is thrown off. In consumption, large pieces of decayed lung-tissue are ejected. "In the course of acute disease, fermenting foreign matter is continually being expelled by the system. This is especially the case while the patient is recovering, *i. e.* when he is eliminating off the morbid matter by excretion. Hence the danger of infection is greatest from convalescents.

A "Cold" is generally followed by some eruptions or discharges, whereby the body is purified; hence a "Cold" is a salutary process. A *proneness* to colds indicates that the body is quite charged with effete matter. No fowl of the air or animal of the plain and forest was ever

* An *encumbrance* is any abnormal deposit in the system, and a body containing such deposit is said to be encumbered.

troubled with catarrh. Nature has provided wisely for their needs. The secretions discharged during a lifetime, from the nostrils of one afflicted with catarrh would, if collected, prove a formidable and disgusting mass. Handkerchiefs came into general use after rooms came to be hermetically closed by glass windows; but animals are exempt from their use—a fact which indicates how the human race has degenerated in this respect under the “stimulating” practice the drug system.



FIG. 7.—QUEEN VICTORIA, *at different ages*. When once grown up, people usually gain in stoutness. What makes a person look so different at different ages? To a large extent, this change is owing to deposits of unhealthy matter, which can be removed by our method's. But of this, the drugging fraternity knows absolutely nothing.

Whatever is removed from the body during sickness is not healthy matter, but corrupt substance. If a child be attacked by measles or scarlet fever, or an adult by the smallpox, the more thoroughly the eruption appears on the skin, the safer is the patient. Suppose two persons come in contact with a typhus patient, why may one contract the disease, and the other escape? In such cases the drug profession attributes

it to a peculiar "predisposition," but what they mean by it no one can tell, though the phenomenon is simple enough. The "predisposition" consists of latent deposits of matter foreign to a healthy body.

The matter thrown off from patients is largely the result of the activity of microbes, which being introduced into an encumbered system, begin to multiply, feeding on the foreign deposits; by this process of living they give rise to the symptoms of fever, etc. Only those people are in danger of infection, whose systems are encumbered with foreign matter. Healthy people inhale the same air and germs but remain intact. The body of a person of fifty is usually of different shape, from that of the same person at twenty, and this alteration is due to chronic deposits, accumulating during many years. *These deposits are the "predisposition" to acute disease.*

A skin disease, like eczema, is nothing fatal in itself; it is nature's process of cure; but the drug school, unable to distinguish between health and sickness, mistaking the eruption for the latter, suppress it and thereby cause great loss of life; the same ignorance suppresses fevers, and the same fatal results follow.

A clock may be perfect; but when dust insinuates itself into the fine mechanism, its action becomes irregular, or is altogether stopped. Cleanse the apparatus and it will work as perfectly as before. (FIG. 8.) Thus it is with the human body; it is always perfect; but when foreign substances are introduced, its action becomes abnormal; Health follows by cleansing the system.

Health is something real; it is an entity. Disease is only the presence of foreign matter; and hygienic measures, which eject this abnormal material only fail to restore health, when portions of the body have been destroyed—killed—by the poisons of the drug school or the surgeon's knife. "Disease" as has been said: is the presence of foreign matter in the system. The foreign matter is either present from birth, or is introduced later by the admission of hurtful substances. The system seeks to expel this matter through the bowels, lungs, kidneys, and skin, and when unable to do so, deposits it wherever it can. In this way, the forms of the body are changed, as may best be observed at the narrowest part, the neck, and in the face." (1)

If a person is in the habit of sleeping on the right side, the foreign matter will settle in that side and enlarge it; in dropsy, the matter collects in the extremities, etc. Thus, we see, the matter constituting the encumbrance, follows the laws of gravity, and not those of the living tissue. Trall, some thirty years ago, wrote: "And *what* is this mysterious thing, *disease*? Simply the effort to remove obstructing material from the organic

domain, and to repair damages. Disease is a process of purification. It is remedial action. It is a vital struggle to overcome obstructions and to keep the channels of the circulation free. Should this struggle—this self-defensive action—this remedial effort, this purifying process, this attempt at reparation, this war for the integrity of the living domain, this contest against the enemies of the organic constitution, be repressed by bleeding, or suppressed with drugs, intensified with stimulants and tonics, subdued with narcotics and antiphlogistics, confused with blisters and caustics,



FIG. 8.—A grain of sand may stop a clock. But no matter where the obstruction is, if we cleanse the clock, it will go again. Our body is such a machine; if out of order, an obstruction has settled somewhere. Cleanse the entire body, and the local trouble is remedied. (Specialism is irrational and rarely accomplishes its purpose.) Every part of our body has but one aim, *viz.*: to assist in maintaining the integrity of the whole fabric. No organ can be out of order without affecting the whole; and *vice versa*. We recognize but *one* sickness—impurity—and cure it by cleansing the system. The drug fraternity recognizes hundreds of ailments, of which they can cure none by their countless drugs; and to hide their ignorance, they sneer at our idea of a panacea.

aggravated with alteratives, complicated and misdirected, changed, subverted, and perverted with drugs and poisons generally?

And I claim to have ascertained the true premises of medical science, which discovery enables me to explain all of its hitherto mysterious problems, even those problems which have ever baffled the investigations of medical men, and which are to this day regarded as without the pale of

human comprehension, to wit: *The essential Nature of Disease*, and the *Modus Operandi of Medicines*: The disease is the process of getting the poisons out of the system; and so this perplexing problem is also solved."

Dr. F. M. R. Spendlove writes: "The whole art of medicine, as practiced at the present day, is based upon the idea that disease is an enemy to the system, a mysterious destroying agent to be suppressed at all hazards. Medical art failing, surgery is called to assist.

"Understanding the nature of disease shows it in an entirely different light. Instead of being an enemy to be suppressed, it is a friend to be encouraged. It is an effort of the *vital* principle of the cells to throw off foreign matter.

"In this light it will be seen that the object of disease is always salutary, always good—an organic war of the *vital* principle of the cells against foreign matter; a remedial effort of Nature to be encouraged, directed and controlled—not suppressed nor changed in form.

"When this fact is recognized, the whole treatment of disease, as practiced by the medical profession at the present day, will be changed. The change, however, must come through suffering humanity. '*A profession never reforms itself.*'" (2)

We see that on the average, our drugging friends know as little to-day of the nature of disease as they knew in Trall's time. The Drug System has remained stationary; it has not advanced in the slightest degree. Upon the other hand, we see the progress made by the advocates of natural methods. Trall still confounded disease with the curative process, whereas we consider the latent deposits as the disease. The drug school knew nothing and knows nothing of the latent, dormant deposits; neither did Trall. Trall and the drug schools define the acute symptoms as the disease. But while the drug people say that pain, and fever, etc., are sickness, and must be suppressed by drugs, Trall insists—not that they are not sickness, but that this sickness is a curative process. But *we* say, the latent deposits, of which people are more or less unconscious, *alone* are the true disease. Pain and fever are not disease, but are symptoms that obstructions exist, and that the body is already at work to remove them. That our conception is correct, is clearly proven by our uniform success in curing; and that the drug school is wrong, is demonstrated quite as clearly by their universal failure to restore health.

The drug schools distinguish many hundreds of different diseases. We say, there is but one sickness: *i. e.*, deposits of foreign matter. The special ailments are produced by the particular place where the "sick matter" happens to be deposited. If it attack the eye, it causes blind-

ness : if the ear, it leads to deafness ; if the limbs be preferred by it, we get rheumatism, gout or paralysis, etc., but in every instance sickness is caused by the presence of matter which does not belong in our body.

Trall says : " The various forms of disease constitute another of the vexed questions of medical philosophy. I know of no other who attempts to explain it. And how can physicians understand the rationale of the *forms* of disease so long as they cannot understand what disease itself is ? All that our authors pretend to know is, that *there are* different forms of disease ; the why and wherefore are among the ' impenetrable mysteries.' " (3) Regarding this question also, the drug profession to-day knows as little as it did some thirty years ago. It cannot tell why some forms of disease are peculiar to children and still others to adults. Another medical writer says : " To that condition of man which leads to *death* before the completion of the natural cycle of life we apply the term disease. But, as disease appears under various forms, each represented by phenomena so grouped together and so steadily reappearing in the same order as to be distinctive in character, a particular name has been applied to the several forms, which thus specified, have themselves been called diseases." This fact, that the names, measles, typhoid fever, blindness, etc., only indicate " a certain group of symptoms," has entirely been lost sight of by most of our medical friends ; they attribute to each form a kind of entity, and hence ridicule the idea of one remedy serving as a cure-all. But if you observe human nature carefully, you will generally find that ridicule of a serious subject arises from ignorance or a superficial knowledge of the subject on the part of the scoffer. A deeper insight would silence ridicule. " A little knowledge is a dangerous thing." So it behooves the drugging profession, who scoff at the idea of a " universal panacea," to look deeper, to understand the nature of health and disease ere they slight our theory, which we prove to be correct by Reason and by our uniform success in eradicating abnormal phenomena.

There is only one cause of disease : deposits of foreign substances in the system ;—and there is only one disease, which shows itself, however, under different forms ; so we may logically deduce and add, there can be but one remedy or method of cure, that, which cleanses the system.

" We do not know at first, whether the matter causes the disease, or whether the disease is the cause of the deposits. But continued observation brings us nearer the truth. For the deposits almost always begin and are more abundant on one side of the body than the other, and this is invariably the side on which we are accustomed to sleep.

"We thus see that matter obeys the law of gravitation. But this side always being the sicker, it follows that the matter is the cause of the sickness.

"We may also conclude from this, that the said matter must be foreign matter, that is, such, as does not belong in the body in its present form or in any other; for nutritive material cannot follow the law of gravitation in the body, otherwise one-sided deposits would take place in the healthy body as well, if the person in question were in the habit of sleeping regularly on the same side.

"Besides, the system itself evidently endeavors to throw off the matter; ulcers or open sores are formed, violent perspiration or eruptive diseases break out, whereby the system tries to rid itself of the matter." (4.)

Again, as the term disease stands for a number of symptoms, such as pain, fever, etc., which have a cause, but cannot cause anything themselves, it is obvious that disease is the result of the foreign matter which has found lodgment in one's system.

L. Kuhne was also the first person who ever tried to explain how deformities, such as a "high shoulder," originated. He claims that the same foreign matter, which in one case produces smallpox, in another, typhoid fever, in a third, diphtheria, is also responsible for these deformities and distortions. Which part of a person will be deformed depends upon his hereditary predisposition, sex, occupation, regime, etc. A corpse or a log of wood floating in a river, is thrown out on the banks; thus also anything heterogeneous to the living body is thrown out, pushed aside to places of less activity or vital power. L. Kuhne insists that all deformities are caused by deposits of effete matter. This assertion, however, we would like to modify as follows;—if we exercise the right arm more than the left we develop the muscles on the right more powerfully, and this may give rise to a high shoulder, though there may not be a trace of foreign deposits. But if the left side were the one enlarged, though less exercised than the right, the enlargement would have to be looked upon as caused by foreign material.

"We now come to the origin of *cold hands and feet*, and a *hot head*. We all know, that the head really ought to be cool, and the hands and feet warm. And yet we so often meet with the contrary state. I assert that both—the hot head, and the cold feet and hands—are caused in one and the same manner. How can that be? Every disease is occasioned by the presence of foreign matter. This fermenting matter enters the feet and hands, and find there a very slight resistance. The foreign matter first accumulates in the toes, then in the feet, and thus spreads gradually up-

wards through the legs, impeding the circulation, and consequently lowering the warmth. It is the same with the hands." Thereby the circulation of the blood in the limbs is impeded, the blood, being the chief supply of warmth, being crowded out, the limbs will grow cold. That part of the blood which is prevented from entering the limbs, will rise to the head, engorging it, and causing the head to feel hot.

As some people live in closer contact with nature than others, it follows of course that they are less encumbered with this harmful matter. These deposits may be forming for ten, twenty, or thirty years. They may come on so gradually that their presence is scarcely felt, except that the person is no longer so active, agile, nor enduring as before.

In concluding these remarks on the nature of disease, let us repeat clearly and concisely, that in our opinion disease consists *only* in the presence of foreign substance in the body; and—if treated promptly, *i. e.*, removed by natural means,—can *always* be cured.

Simple as this explanation of the phenomena of abnormal health is, our self-sufficient, exclusive drugging profession is still so engrossed in its abstruse problems, that it has failed to find any explanation for the fundamental facts of its doctrines. What explanation do the drug people offer? Absolutely none whatever; they are seemingly content to sneer at ours without even offering to confute it.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.



If you want to become and remain sufferers all your life, till a premature death relieves you—in case of ailment, apply to the poisoning or cutting system first, till no other method will avail.

PART III.

HOW IS HEALTH LOST ?

PREAMBLE.

CHAPTER. 4.



OW the question arises, *how is this foreign matter introduced into our system—This happens in two ways.*

Either the matter is foreign altogether, and antagonistic to the body by its very nature, as, for instance, drugs and mineral waters, or the matter is introduced as food. But we all know that part of our food is transformed by the life-process into waste matter, which is inimical to life, and if this

is retained in the system, it leads to deposits. The fault may be with the substance taken or with the bodily organs. *The matter which is absorbed in solid, liquid, or gaseous form, may be improper as to quality, quantity, or temperature. Or, perhaps, the manner of its elaboration is defective, that is, it is poorly prepared, masticated, etc.*

Then, again, the depurating organs may be prevented from working, owing to our perverted ideas of propriety. We imagine that conventionality makes it necessary to suppress their demands; or, perhaps, a lowering of the vital power hinders their normal operation. As was shown in Facial Diagnosis, disease alters the outline of the body. Hence, according to our view, all disease consists of deposits of matter which is foreign to a normal, healthy body. These deposits are equivalent to the medical school's predisposition to disease. This predisposition to disease which M.D.'s talk about but cannot understand, is plain as daylight to the hydrotherapeutists. It can be seen in the altered shape of the body, the deviation from the normal. It can be felt in the form of fatty cushions on the forehead and cheek-bones. It*

*Louis Kuhne's Facial Diagnosis. Translated and with Notes by Aug. F. Reinhold, Ph.D., M.D., 60 Lexington Avenue, New York. Price, \$2.

is nothing mysterious, we know all about its origin and development. As we shall show, these deposits mainly consist of half digested and unassimilated food. These substances are excellent food for microbes. You all know the beautiful ferns that grow in moist and shady places in the woods. Doubtless you have noticed the little brown dots on the back of the leaves. These are receptacles in which the seeds are developed. They are produced in immense numbers, and are so small that they are taken up by the wind, carried everywhere, and deposited anywhere. Some fall into the water, others on the streets, the roofs of houses or elsewhere, while some are inhaled by man and the lower animals. But of all these microbes only those will grow which fall on moist, shady ground. So it is with the germs of contagious diseases. They are inhaled by all people at all times, but can only develop in persons who are grossly encumbered, and even then only under special conditions. The drug or foreign matter of any kind settles, of course, in the weakest spot. This depends partly upon a man's habits, and partly upon the specific gravity of the drug. But in the matter of a cold, we look at the occurrence in this way. The "cold" chiefly arises from cold feet. Our feet are cold, when there is no blood in them. But where has this blood gone, it must be somewhere? It is engorging the head, neck, lungs or some other part. But blood, which is the bearer of animal heat, must give rise to an abnormally high temperature, if crowded into any one part more than others.

It has been found, during the researches on tuberculosis, that microbes prefer abnormally high temperatures. This condition results from the congestion of the blood, and the germs of the microbes have a chance to develop. This they do, feeding on the foreign matter and causing a regular process of fermentation, thus still increasing the heat. Now, the foreign matter, first existing in solid form, is transformed by this process of fermentation in such a manner that it becomes soluble. While solid it could not be removed, but after being (FIG. 9.) liquefied, as it were, it is readily thrown out, and appears as running of the nose, expectorations from the lungs, and other discharges. Our bodies are cleansed by this process, and if the process is thorough, our bodies will be in better condition after a cold than before.*

* Boards of Health, instead of directing people to keep open the sewers in their houses, would do much better to inform the public how to keep the sewers of the human system in working order. Where this is the case, no contagion coming from without, effects us. This scare of the microbes almost looks like a farce, gotten up by the drug prescribers to frighten weak-minded people into submission, so as to get the money the quicker out of the pockets of their patients. Representatives of natural methods are not afraid of microbes, either for themselves nor for their patients.

We distinguish two different kinds of microbes; one class aiding in our process of digestion, and the other class giving rise to consumption, typhoid fever, cholera, measles, etc. Food should not be sterilized. Wild animals eat all their food unsterilized, and the microbes eaten by them, do

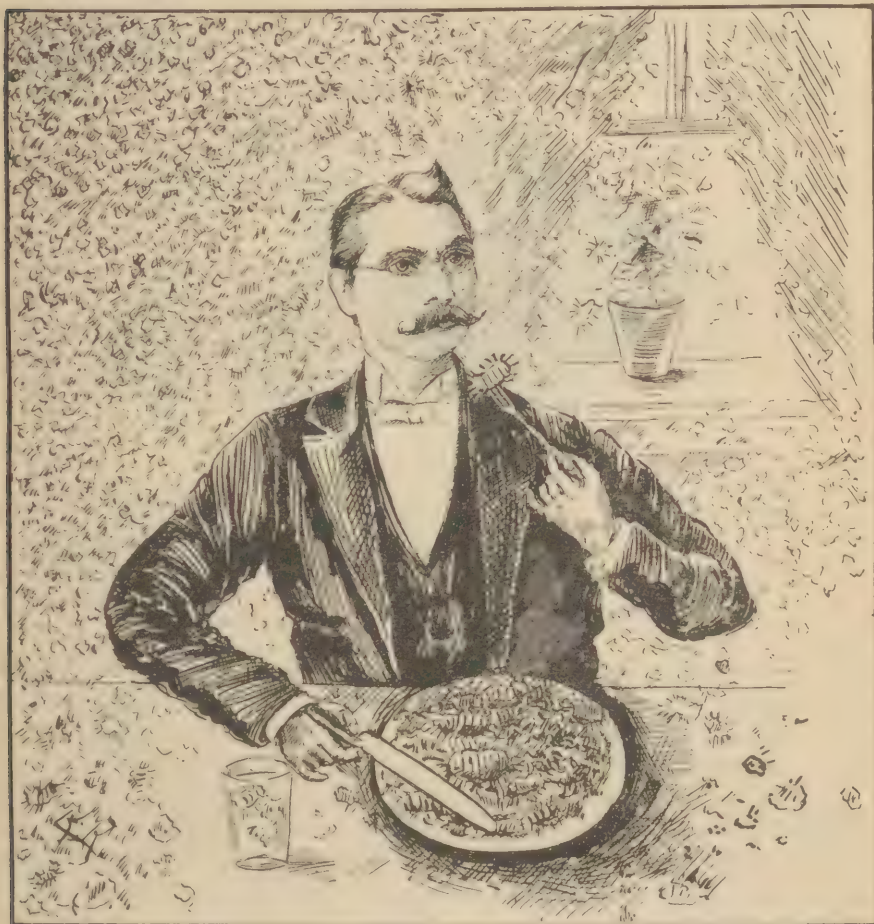


FIG. 9.—The author, enjoying a plate of microbes for better digestion, and he is about the only fairly normal person he knows of. He prefers to let such food as has been cooked, stand for 24 hours, to give microbes a chance to develop again.

not make them sick. In fact, if any obnoxious microbes are introduced into a healthy stomach, they are made harmless by the digestion. (FIG. 10.) The other kinds of microbes, which lead to fevers, do so only in

bodies encumbered with foreign matter. The germs of these micro-organisms permeate the atmosphere ; they are inhaled by animals and men, but produce their respective symptoms only in those whose bodies are charged with foul matter. A seed needs soil, moisture and warmth for its development ; so do the microbes ; their soil or food is the foul matter in the body ; and the body forms a regular hot-house for them. If there are no such chronic deposits, no microbes can develop. Microbes by their development, cause fever and pain ; by their action, the chronic matter is

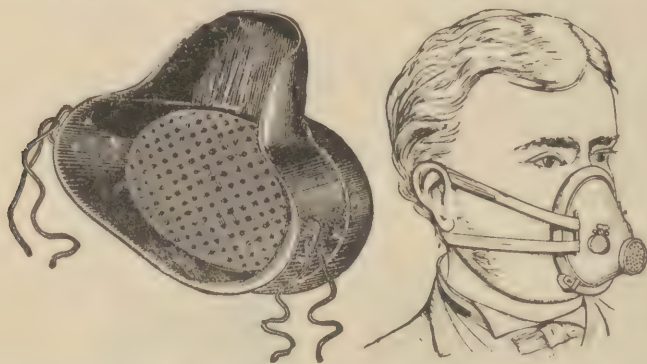


FIG. 10. Disinfecting pads, recommended by our near-sighted drug quacks. If people do not soon wake up to the harm arising from drugs, the whole of humanity will presently have to wear them. Wild beasts have no use for them; they are always well. These inhalers are also used for inhaling, not nature's pure air, but air vitiated with rank poisonous vapors.

rendered soluble so that it can be taken up by the blood, carried to the depurating organs and removed from the system. We see, that even the second class of microbes are conducive to health. The drugging people do not know the cause and nature of fever and pain, nor, what part microbes play in fever. They are afraid of microbes as they are of " cold." They consider both harmful, whereas, one is just as salutary as the other. *Microbes have consequently become the regular nightmare of the drug schools. We are not afraid of them ; we look upon them as our most helpful allies to restore health.* (FIG. 11.) To be sure, a person must know how to manage them. As fire and water are man's excellent servants when properly controlled, so also are microbes. As soon as they have exhausted the stock of foul matter, they will disappear of their own accord. Microbes or bacilli are dreaded by the drug profession, because they are ignorant of the part those organisms perform in the household of the human body. To accept the fads which medical people would impose upon us it would

become necessary to keep a disinfecting pad continuously under our nose. Microbes cannot live on medical drugs, and hence are powerless to rid the body of these poisons when present in the system. Light, cleanliness, normal temperature and cleansing the body from its latent deposits, destroy the microbes; no poisonous drugs are required. Medicines which destroy the bacilli, also kill the cells of the human body and impair our health irrecoverably.



Fig. 11. Sneezing is an explosive effort of nature to dislodge obstruction. What is discharged during a cold in the head (catarrh), is corrupt matter; and a person is well rid of it; Drug Doctors are afraid of colds because they cannot manage them. Hydrotherapeutists cure almost every ailment by making their patients take cold intentionally, *e. g.*, by shower baths, sitz baths, plunge bath, packs, etc.

The pain and fever accompanying the fermenting process and which are considered by medical men as the true disease, which must be combatted, are not disease at all. The latent deposit is the real disease, and the fever is only the curative process; that is, the method by which the system rids itself of the foul matter. (FIG. 12.)

The Drugging people, being ignorant of the nature of this simple phenomenon, *mistake the cure for the disease.* They give some poison which suppresses the fever. Now, how is this accomplished? By killing the microbes, we stop fermentation, the matter is no longer liquefied, and it remains

in the system. But the poison which kills the microbes also remains, and so we have *two instead of one* foreign element in the body ; and the former was the less harmful of the two. That the drug poison remains, is demonstrated by the fact that when once a disease, smallpox, for instance, has been suppressed, it is not apt to attack the same person a second time. Why? Because the drug poison remains in the system, and prevents any future development of similar germs. Now, this might be considered a

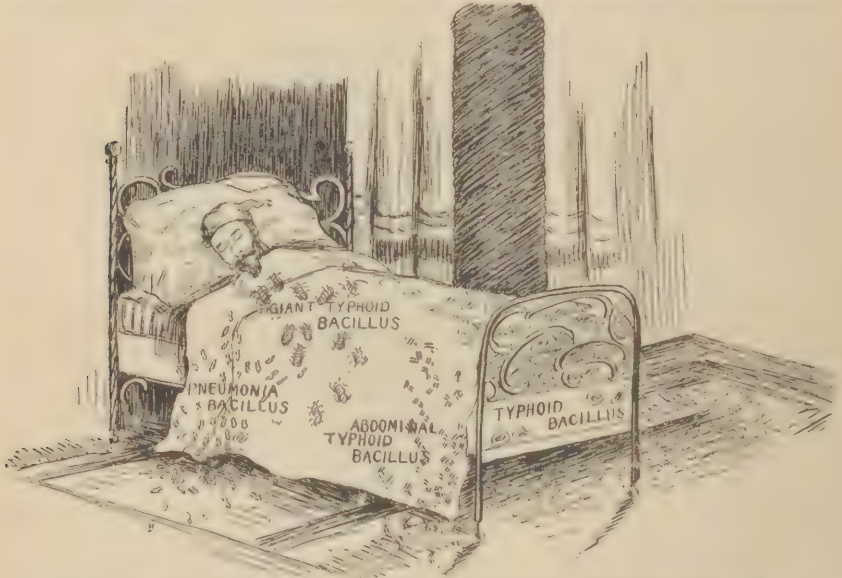


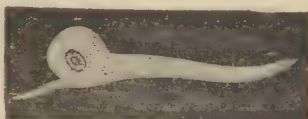
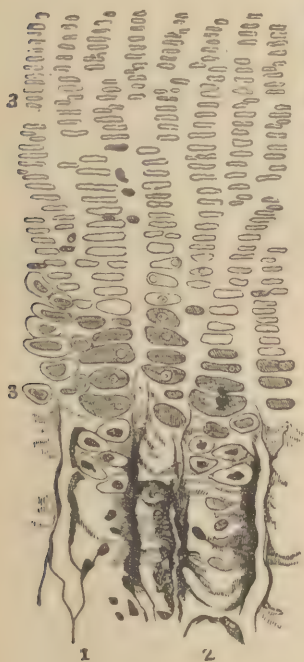
Fig. 12.—Smart Bacillus, M.D., asleep. Microbes, the nightmare of the drug profession.

great gain, but really it is a huge evil ; because, although the foul matter in the system has not the power to make itself manifest in this way, it is still there, and will develop in some other form. But a system free of encumbrance is exempt from contagion of any kind, and so all we need to do is to cleanse the system by natural means, and no germs whatever can develop.

In all infectious and contagious diseases two conditions are necessary: "A certain general condition of the human body, *plus* the specific poison of the particular disease ; in other words, the *soil* and the specific cause. When these two are concurrently present, the disease is invariably induced ; when either of them is wanting, the disease cannot be developed. We may, then, prevent its invasion no less effectively by pre-

venting the occurrence of the proper *soil* than by preventing the introduction of the poison." (9.)

Since disease consists of latent deposits, microbes are *not* the *cause* of disease, but a *consequence* of the deposits. In order to get rid of the bacilli we need not puzzle our brains as to how to kill the microbes,



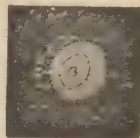
Caudate cell of vesicular neurine.
After Todd and Bowman.



Caudate nerve-cell. After Todd and Bowman.



Nucleated cell.
From Gorber.



FIGS. 13--15—ANIMAL CELLS. The left figure shows cells found in bones. In the upper right-hand corner, we have cells from the nerves.

All our organs are made up of minute bodies, called *cells*. Each cell consists of 3 parts, *viz.*, the nucleolus (3), nucleus (2), and the cell-wall (1.)

The cells float in a liquid of *albuminous* matter; the cell-wall is composed of protein, and the contents of the cells are made up of fibrin.

As each cell represents a living being, our body is an aggregate of minute organisms.

The albuminous substances are primarily built up by plants. All animals derive their supply of the albuminous substances exclusively from plants, directly or indirectly.

but we need only leave them to their own fate, after removing from the system its various impurities.

Our body is made up of cells. Each cell is a little organism in itself and has its individual life. The life of a person is merely the aggregate effect of the countless cells constituting his body. The individual's life and health depend upon the life and health of these minute beings. All assimilation of food takes place, not within one's stomach, but within one's cells. (FIGS. 13-15.) Food is first digested in the stomach, and is then more and more elaborated by the digestive process. The nutritious matter, thus prepared, is then received by the cells, which, after utilizing it, eject the effete matter. The secreted particles are taken up by the blood and carried to the depurating organs, *viz.*, the kidneys, bowels, skin, and lungs. Even the body of an adult person does not remain unaltered, but continually changes, its very life consisting in these changes. The digested food nourishes the body and then takes its leave as waste matter. And thus one may eat several times a day for years, and yet maintain the same weight, because he loses as

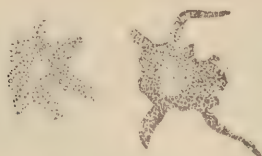


FIG. 16. —Amoeba.

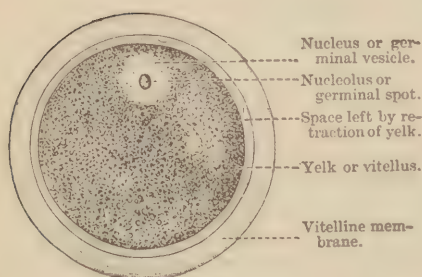


FIG 17 —Semidiagrammatic representation of a human ovum, showing the parts of an animal cell. (Cadiat.)



FIG. 18

Cells from the staminal hairs of *Tradescantia*. *A*, fresh in water; *B*, the same cell after slight electrical stimulation; *a*, *b*, region stimulation; *c*, *d*, clumps and nodes of contracted protoplasm. (Kühne.)

much as he gains. All of this change from food into the living body and back to effete matter takes place in the cells. The constituent elements of the cells are those of wholesome food. Healthy cells do not contain mercury or arsenic. How our learned friends, the drugging class, can expect a recuperation of these cells by feeding them with the

deadliest drugs, surpasses our humble comprehension. Now, as our body is composed of cells, or minute beings, anyone in possession of his reason must understand that, if we take substances strong enough to kill microbes, *e. g.*, those of consumption, or typhus, or cholera, these substances must also be sufficiently virulent to kill the cells of our body. And thus would every one reason, except the drug physicians, whose narrow training has obscured their natural powers. These men, instead of reasoning in a normal manner, persist in killing the microbes, the cells—and their patients!

The vitality which superintends the activity of our organs, and also cleanses the body of impurities if they can be liquefied, has little ability to cope with drug poisons, and so is continually hampered by reason of their presence. But loss of vitality means loss of health and strength. The best the vital power can do with this drug poison is to push it aside, as it were, to some less vital organ, the eye or ear, for instance, where it will not interfere so much with the action of the heart, lungs and other organs, upon whose action life immediately depends. While in these "lesser" organs these deposits of drug poison do not immediately endanger the life, they none the less surely lead to *blindness, deafness, and all the most terrible chronic ailments and afflictions*. These, therefore, almost without exception, *are the result of drugs*. And so, you see, drug taking is rather a risky thing. But the evil effects noted are often not to be observed for years. Drugs *cannot* do any good,—only harm, by putting a stop to the cleansing process which nature has provided.

As we can recognize foreign deposits before any outbreak, such as fever, takes place, and as we can also cleanse the body quickly and readily by means of natural processes, it would be much more rational not to wait for Nature to make some violent effort at cure, but to assist in and anticipate her beneficent work. No harm can arise from natural methods of cure; the results can only be good.

Some people suffer for many years with discharges from the nose, ears or other organs, and the drug doctors (!) are unable to cure these distressing conditions. Whence arises this inability? From their failure to use their intellect. They fail to inquire into the cause and nature of the discharges. In our view, these discharges are foul matter; there is such an inexhaustible quantity, because improper materials, in the form of perverse foods or poisonous drugs, are continuously taken by the patient. If the system discharges as much as is taken, the condition of

the patient alters slowly; if more is taken, his state is rapidly lowered; if less is introduced, his health will improve.

What may be the *nature of this foreign matter*, and *how does it get into the system?*

There are two passages through which matter may be introduced into the body:—by way of the nose into the lungs, and through the mouth into the stomach. Each of these passages is guarded by sentinels, but they are not thoroughly incorruptible, and sometimes allow things to pass which ought not to be permitted to enter into the body. These sentinels are the nose and the tongue, the former for air, the latter for food.

If our food is not of the proper kind, no healthy blood can be formed, and the organs must of necessity degenerate. If they cannot throw off the waste matter on account of inaction upon the part of the skin and lungs, and by constipation and suppression of urine, the same results follow,—first sickness, and then premature death.

MILK.

CHAPTER 5.



U'T let us be more specific as to these improper foods.

In the first place, people take MILK.* The solid food which we eat is transformed into a kind of milk, and this in turn changes into blood. Hence, we see that milk can nourish an infant, just as blood supports all our organs. The milk of various animals differs materially in composition. Each kind is best adapted to support the young of that peculiar species. Thus, human milk is the only proper nourishment for an infant. Wild cows, such as the female buffalo, give suck for only a limited portion of the year, and go dry for the remainder. But in the case of the domestic cow, the calf is

* It is a secretion, which in nature has but one purpose; *viz.*, to nourish the young of its own kind.

allowed to suck only a few days or weeks and then the milk is taken from the cow almost the entire year through. This may appear to be a clever trick, but how is it accomplished? It is done by playing with the nipples and udder, and so by artificially stimulating and exciting the nerves of the animal, we extract the milk for an unnatural length of time. This, however, has the same effect as if a large quantity of blood were daily drawn from the animals and furthermore, it must have a most ruinous effect upon the animal's nervous system. And this process has been in progress ever since these cattle have been domesticated!

Now, the milk being really much the same as the blood, the animal's life is to that extent withdrawn when the milk is taken, and the vitality is lowered in many other ways,—as by the artificial and unhealthy mode of living into which the cows are forced. In view of these facts, we ask you in what state of health would a man be from whom, day after day a considerable quantity of blood was taken? Would he not be likely to contract consumption or die of inanition? The condition of affairs just now noticed is, therefore, a most potent source of disease in cattle. So poor a foundation is laid whereon to build for future health, that we need not be surprised to find tuberculosis present in almost all cattle. But there are yet other indications which go to prove that the entire race of cattle has degenerated. Cows, like human mothers, often produce dead offspring; or, they die on account of difficult parturition; or the calves die soon after birth. In case of an epidemic of contagion our domestic cattle, old and young, die like flies. This condition is unknown among buffaloes and indicates that *our domestic cattle are diseased throughout, even if the microscope fails to demonstrate the presence of tuberculosis in the younger animals*. No other animal thus readily succumbs to the ravages of disease, and no other experiences such difficulty and pain in giving birth to its young. No one can be surprised, then, that the mortality is so great among those children who are brought up upon food from such a source. Even those who survive, remain sickly all their lives, and transmit a weak body to their offspring.

Seeing that the milk of the mother contained all the nourishment necessary for the young, man rashly concluded that cow's milk must be good for man.

That this conclusion was erroneous appears, in the first place, from the fact that the milk of different animals varies considerably in composition, and hence it is doubtful whether milk, intended by nature for a calf, could be a proper food for human beings. Moreover, adult man is supplied with teeth; thus nature indicates that he should live on *solid* foods.

Milk, as usually taken by grown people, is drunk down like a liquid, whereas, being extremely nutritious, it should be taken, if at all, very slowly, and chewed, as it were, until it is thoroughly insalivated. The importance of the proper insalivation of milk becomes apparent from the fact that, if the opening in a rubber nipple be a little too wide, the milk is supplied faster than the saliva, and cannot be digested; so the child becomes sick. Then again, *infants cannot digest starchy food*. Their digestive secretions are not of the proper kind to accomplish this process. As adults have different digestive fluids from infants, it may be questioned if milk is good for them even if properly insalivated and obtained from animals free from disease. Milk, too, does not give sufficient work to man's teeth and other organs of digestion, and hence its frequent use will permanently weaken them. Adult man could not obtain milk until he had domesticated animals; this is another proof that the use of milk from animals is unnatural and harmful for the human race.

We know that the proportion of the ingredients of a mother's milk continuously changes according to the different needs of the infant, required by its unequal development of the various parts. This condition can never be even approximately imitated by artificial feeding, and hence the endeavor of medical men to tell mothers how to feed their infants by the bottle, instead of pointing out the danger of such an unnatural proceeding and urging them to a return to their duty, is a gross aberration of the human mind. But the drugging people know their patients,—they drift with the tide and not against it.

For infants, mother's milk is undoubtedly the proper nourishment, because nature supplies it, under healthy conditions, and rewards the observance of this most obvious law with good health for both mother and babe.

With these facts before us, and the equally significant truth, that the majority of infants fed upon cows' milk die in childhood, we cannot join in the general encomium of milk as a diet. No milk, either boiled or unboiled, nor in fact any other food, can be an adequate substitute for the milk of a healthy mother. Infants artificially fed, either die early or carry a weakened vitality with them through life, giving birth with difficulty to a still weaker progeny. Mothers should be shown the far-reaching evils which result from their inability, or disinclination, to suckle their children. (Fig. 19.)

We read: "The very large majority of summer diseases, deranged stomachs and sore mouths, that occur among artificially-fed babies, are

the direct results of dirty feeding bottles." Infants nursed by their mothers escape these dangers.

Now-a-days, many a mother is called upon to decide whether she will nurse her child, or bring it up "on the bottle." Formerly, this question was unknown, as is still the case among animals and uncivilized peoples. But, presumably, it happened one day that a mother, who cared more fo

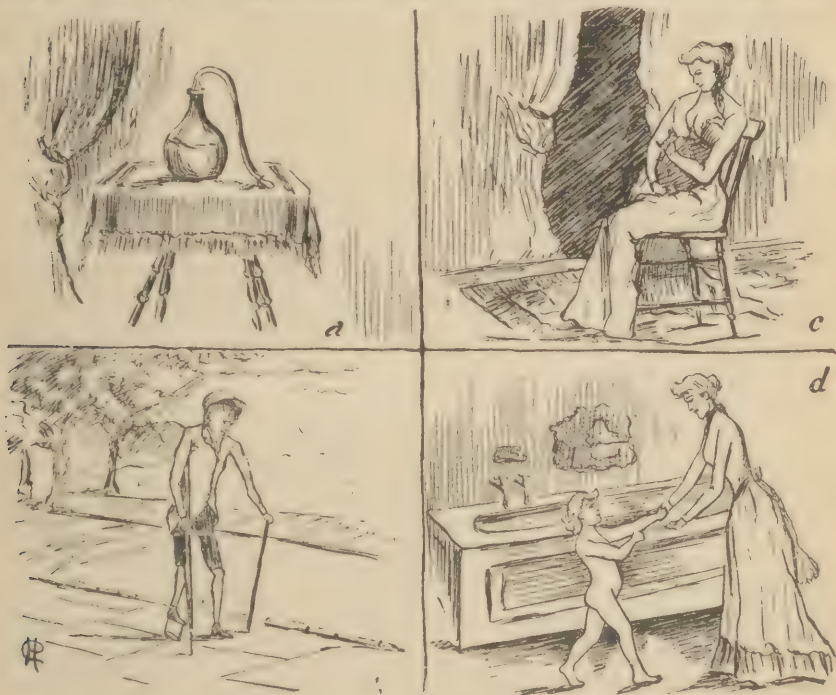


FIG. 19. *Nature's Fount and the Nursing Bottle.*

- a. A nursing bottle, the Drug Doctor's improvement on Nature.
- b. Exhibits one of its countless, sad consequences accruing from the artificial feeding of children; a case of infantile paralysis.
- c. At Nature's fount.
- d. Five years later; ready for a fight.

appearances than for the fulfillment of her duty as ordained by God, feared that nursing might spoil her shape, or occasion her inconvenience, and so resorted to the unnatural method of using cow's milk. As we see daily in fashions that the most unaccountable freaks find ready imitation, so we may reasonably suppose it to have been with this idea of nursing. As a rule, the reverse of what is anticipated, with regard to the figure, actually results.

A woman who intentionally bears only a few children, and neglects to nurse them, is always sick and ill-shaped. On the other hand, if a mother leads in all other respects a healthful, natural life, it need not follow that nursing will spoil her figure.

We hold, and both experience and observation support us in the opinion—that only such actions as are strictly in accordance with the dictates of nature, prove really satisfactory to our whole being; and this inner contentment, this consciousness of the observance—of the laws of our nature, must inevitably be outwardly reflected, giving symmetry and beauty to both face and figure.

We know many women who have given birth to ten or more healthy children, the pride and delight of every spectator, who at forty-five still have a slender waist, are free from wrinkles and gray hair, and altogether look many years younger than they really are. Nature is always just. We daily see the same thing among animals. How many young ones are produced by a single rabbit in her short life-time, and yet they are all littered without difficulty and without assistance. They are all nursed by the mother, who, toward the close of her career can hardly be distinguished from another that is considerably younger. Her appearance does not indicate that she has gone through *trials and ordeals*, because those who live naturally have none. *They are all the result of man's inventive genius. The stupid mother foregoes her highest pleasure, for the sake of what some fool may say of her shape; and rather than offend against some inane and unnatural conventionality of society, she would see her child a cripple or imbecile for life—though she may not realize all that her folly costs.* Some mothers have no milk. Why? It is their own fault. All animals have milk enough, frequently for half a dozen or more at a time. Then why should not the human mother be relatively as well supplied.

They live wrongly. They feed on unnatural foods and stimulants, dress too warmly, indulge in undue sexual intercourse, etc. (Fig. 20.)

If a mother actually lacks milk it generally arises from the use of improper food. The wet nurse from the country, who lived upon a coarse diet all her life, and had plenty of milk, is no sooner transplanted to the city and fed upon meats, rich dishes, liquors, etc., with the mistaken motive of increasing or maintaining her supply of lacteal fluid, than the direct opposite of what is desired, results. Her milk becomes scanty and soon ceases entirely. Let it always be remembered that all animals which subsist only upon grass have the most abundant supply of milk.

No female of the animal world knows the male after she has become pregnant. But man perverts everything, whenever he finds a chance.

Would we try to persuade the unprincipled mother to change her course? It would probably be useless. But, in this way, the *fitter will survive, and the stupid will die. And so mankind on the whole will prosper and advance even though it be over the corpses of those whom ignorance has slain.* This progress, which no ignorance nor evil can check, is the best proof to us that there is an Almighty hand ruling the world.

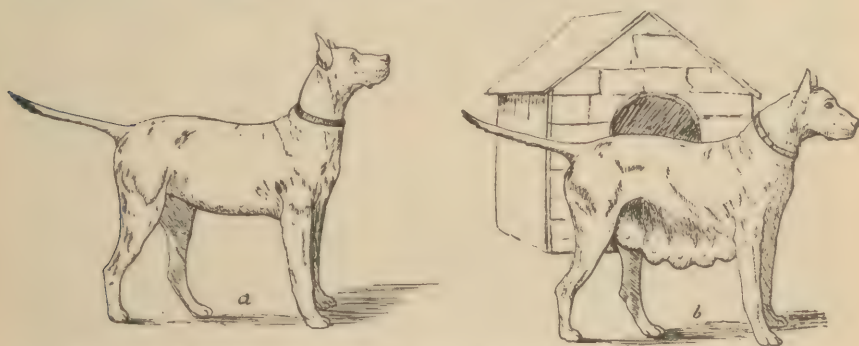


FIG. 20. A healthy female of any species has no prominent breast when not pregnant (see *a*); such a state rather indicates a condition of encumbrance and the inability to give suck to the future offspring.

The ignorance of the present-day mother as to the rearing of her offspring is absolutely appalling. She acquires a thousand unnecessary "accomplishments"—spends untold energy in learning to embroider, dance, smirk, chatter and waste time in general, but upon the great questions of how to keep her children alive and rear a healthy and vigorous progeny, she prefers to remain culpably ignorant, and relegates to hired servants those immediate and sacred duties which should be at once the delight and glory of maternity. To such stupendous folly as this may be traced, in ultimate analysis, the subsequent ills and miseries of life—for all of which the dominant medical schools must be held responsible, by reason of their perverse and short-sighted teachings. (FIG. 21.)

Every one sounds the praises of milk, the hydrotherapist and the medical people, the learned and the illiterate, Seb. Kneipp and L. Kuhne; all place implicit confidence in milk, both as a nutriment and a remedial agent. And you remember that in the Bible, Palestine is referred to as the land where milk and honey flowed. It almost looks as if the whole human race expected to receive its salvation from all physical ailments by adopting the milk diet. All classes consider milk the food *par excellence*, containing all the materials necessary for building up and

supporting the body. We agree with them, if they refer to the nourishment of offspring by their mothers, but otherwise we cannot endorse this view. *Many physicians consider cow's milk the very essence of life for consumptives, though they have never saved any one by it. We regard the use of cow's milk by the human race as largely responsible for the ravages of that scourge.* The lower one's vitality, the less is he able to subsist upon milk. In our view, the majority of cases of consumption are due to the use of milk, whether obtained from ill-tended, swill-fed cattle, or from any animal source whatever; and the alarming prevalence of tuberculosis in the human family is the result of their milk and meat diet.

We loathe not only milk, but also its derivatives, butter and cheese. Medical men recommend cow's milk highly; they cannot miss an opportunity to order for their patients what is injurious; they are of a speculative turn of mind. For the present, we can but say, that physicians who prescribe milk, or milk and soda water, or milk and brandy, for their consumptive patients, lose them regularly; whilst we save the majority of cases because we reject those unnatural substances. "In Japan they do not have this article of food. The natives never use it—no lowing herd is seen with the barefoot boy driving them to the milk yard. There are no pastures, and even the barnyard fowl is practically unknown. Most of the animals on the island are left wild in preserves. Milk is an animal product, and animal food is prohibited by their religion."

With a view to destroying the germs in milk, drug physicians recommend the sterilizing of milk for infants' use. They either do not know or else forget that by this process the entire body of the milk is so altered as to become a still more unnatural diet than it already is, being the milk of a diseased animal. The evil results to health bear us out in our contention.

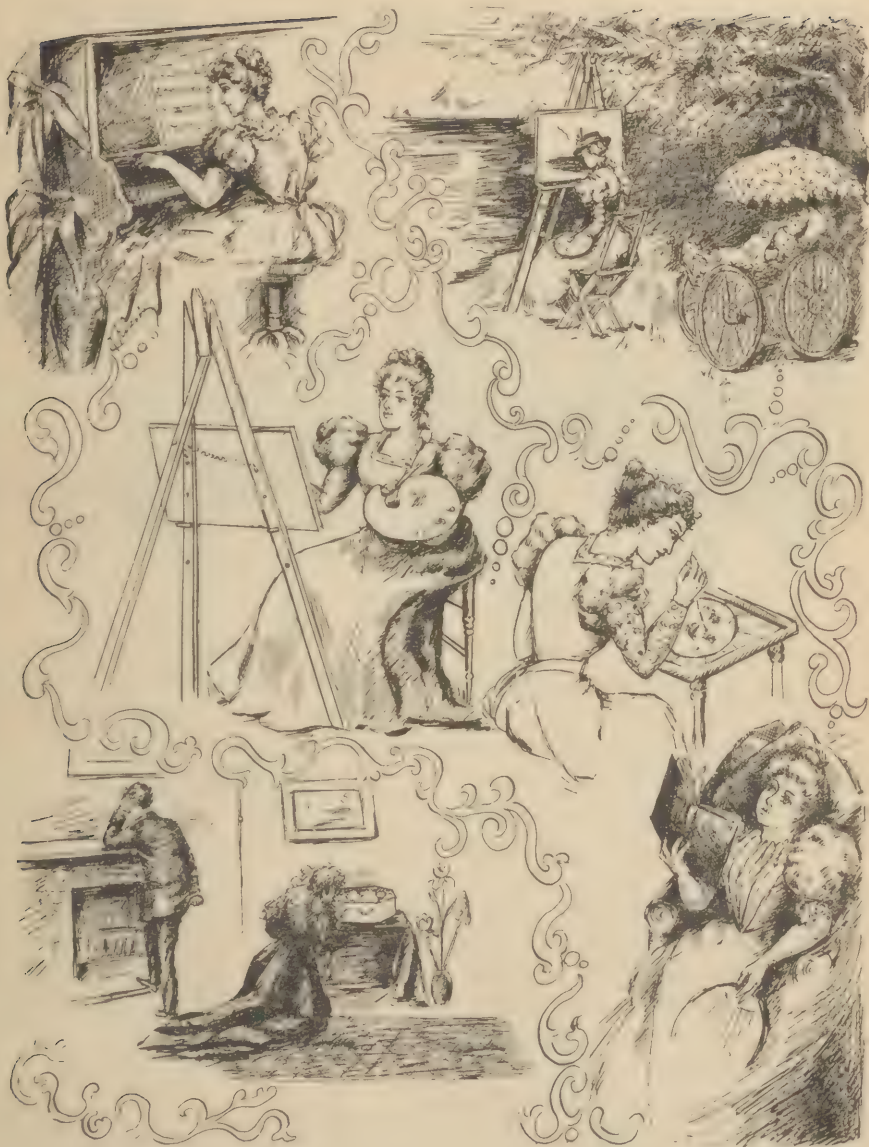


FIG. 21.—*Our women learn anything and everything, except how to keep their children alive.*

MEAT IS HARMFUL.

CHAPTER 6.



UT the harm we sustain from the cattle does not end with the milk obtained from it. In eating the *flesh* of these animals, man partakes of what is derived from a diseased race, *If milk diet is bad, meat diet is worse.* "The population of the earth is estimated at 1,500,000,000, of which 85 per cent. are vegetarians; the remaining 15 per cent. eat flesh food. Of the meat-eating people, 85 per cent. of the females and 60 per cent. of the males are suffering from disease in some form. Perhaps this is too low an estimate." With the improved methods of determining the presence of disease at our command, it is doubtful if among civilized nations there could be found *any absolutely healthy persons* of either sex. People are sick, and have been sick, as far back as historical records date. What is the cause? Wrong food. Meat diet is utterly unnatural. Man has been sick "ever since he began to eat meat." Wild animals are well, and have always been well, because they confine themselves to their natural foods.

The Greeks lived an out-door life, enjoying plenty of fresh air, sunshine, physical exercise and mental relaxation. Yet even these athletes became ill, though they knew not the use of tobacco, coffee, or spices. How, then, can we account for their illness? It was the result of their meat diet and their use of wines, and consequent over-indulgence of the sexual passions. But these latter vices may be directly traced to the meat diet, so pernicious and unhealthful.

The old Greek has been swept away, and the Roman has disappeared also; whereas the Hindoo, who sent out his missionaries long before the days of Christ, still lives in national life, successfully converting the Western world to many of his metaphysical ideas. He has outlived the ages because he has observed, for the most part, a vegetable diet

People eat meat for the same reason that some are Christians, some Jews, and others Buddhists—not for any reason of their own, but simply because their parents happened to profess that particular creed. They are brought up under certain influences, and are taught to praise their own and to depreciate every other religion, taking it for granted that their creed is the best, being almost entirely ignorant of all others. If one's parents have been in the habit of eating meat, and the man himself

PEACOCK BUTTERFLY.—(*Vanessa Io*.)SWALLOW-TAILED MOTH.—(*Ourapteryx sambucaria*.)

FIG. 22.—CATERPILLARS. Every particular species of caterpillars lives on one particular kind of leaves; and would rather starve than eat any other.

To man, meat diet is unnatural and harmful. The animals are usually diseased, and we cannot eat the meat raw; but must prepare it with salt, and spices and condiments. These are heating, and produce a craving for alcohol and for sexual excesses. By means of cooking, pounding and cutting meat, we manage to get it down our throats; but this does not prove that we can digest it. Butchers are a very sick class of people. Drug doctors recommend meat, because of their general thoughtlessness; they have never given this subject a moment's consideration.

has partaken of it from his earliest recollection, the question as to its healthfulness never enters his head. *He eats meat from sheer thoughtlessness.* Our drugging friends are in the same position.

The fact that to-day millions of people partake of prepared flesh, is no proof that it was allotted us by Nature as our natural and original diet. Millions of people smoke and drink beer and wine, but they were not created to do so. All civilized men wear clothes to-day, but no one would have the hardihood to maintain that therefore it was intended so to be by Nature! Millions of mothers wipe the noses of their offspring, and this action, though not necessary with animals, and indicative of

an abnormal and diseased condition, may appear to them more natural to-day than to give them suck ; still it was not intended that man should have his nose wiped, or to be brought up on the bottle. Just as the gin-tippler likes his glass, and the inveterate smoker his pipe, though a healthy person would turn from them with disgust, so meats are only relished by people whose taste has been thoroughly perverted.



Fig. 23. *Animal Slaughter.*

How revolting to a child or any moral person is the entire process. Insects and other vermin breed around and in the meat. Many of the animals are diseased. And such food is recommended by our drug prescribers as wholesome. Small wonder. People who are so brainless as to expect to cure people by poisoning them, cannot be supposed to exhibit more intelligence regarding the question of man's normal diet.

After having missed the enjoyment of a pleasure for some time,—for instance the beauty of spring after winter,—we have a keen appreciation of its joys when it returns. If flesh-diet were natural, and a person had abstained from it for some time, he would have a keen desire to return to it. But it is quite the reverse. Anyone, who has adopted a vegetable diet for a little time, will sniff the odors of a butcher shop with disgust. The sight of a creature's natural food fills it with delight. But to watch a butcher knock down an animal, skin it, and cut it up, fills with horror anyone not accustomed to such revolting sights. (FIG. 23.)

There is nothing in the flavor of fruit distasteful to us; we even relish it in the raw state and without condiments. This is not so with meat. The flavor of raw meat is repugnant to us. We have to disguise it by the cooking process and the use of condiments. Natural foods, such as fruit, do not stick between the teeth as do meat, necessitating the use of toothpicks. We can scarcely chew raw meat. This is as difficult for us, as for a cat to eat a pear.

When we see fine fruit, our appetite is aroused, as is that of a fox when he sees a chicken. His desire is excited; he jumps at it, tears it with teeth fitted for such work, and eats it with glee, warm as it is, uncooked, feathers, intestines and all. We could not do this. The fox turns away from the choicest fruit while we, on our part, must have our flesh and food disguised in taste by many condiments and processes. (FIG. 24.) To-day the people cook the meat and chop it, *i. e.*, they make it tender by heat, and cut it up by steel instruments. Even the savage Huns felt the necessity of making the meat toothsome, which they accomplished by placing it raw under their saddles and riding on it till it was tender. Creatures, who by nature are given to eat flesh, require no artificial preparation whatsoever, of their food.

You could not kill an animal and sit down and eat it. Then what difference does it make if you pay some one else to do the killing for you? A healthy child turns away from meat, and prefers fruit. Fruit, even when warm from the sun, is always delicious and satisfying. This feeling of revulsion is the voice of nature. Did you ever kill a fish or chicken, and did not some feeling remonstrate against the slaughter? That voice was nature, man's true nature, which even a flesh diet of untold centuries of cruelty could not entirely stifle. If meat were our natural and original diet, we should derive the keenest pleasure from seizing a chicken, as does the fox or wolf, biting off its head, and eating it while yet it is raw and quivering. Raw flesh is repulsive. Could you eat a raw fish? Rely upon it, the omnivorous human being has only one ex-

Fig. 24. Meat-eaters.

If meat be normal to man, we should eat it as the beasts of prey do, *viz.*: raw, warm, bloody, with bones, skin, hair, feathers, entrails and all, and relish such a repast. If this is revolting to us, our instinct plainly demonstrates us to be non-carnivorous.



cuse for his meat diet—his thoughtlessness. If man had been a flesh-eater by nature, it is doubtful whether by this time another living creature would be left upon the earth. Were such the case, then domestic fowls would be about as secure from the depredations of boys as the apple orchard, and long ere this their various *genera* would have been exterminated.

It is indeed true that many nations have eaten meat for time out of memory, but this is only for some five or ten thousand years—an insignificant duration compared with the untold cycles which were required for man's previous development. During this time he had absolutely no weapons, nor yet brains enough to invent any wherewith to kill animals. During these periods he could not contend with animals. He had only two legs while all other animals had four or even more. He could catch no fish, birds or beasts, and consequently had none to eat. Many of you could not kill an animal with a knife, much less with your hands or teeth. It is plain, then, since nature has not given us the tools for that purpose that she did not mean us to take life. What savage could sieze a swift animal with his hands, tear the living, hair-covered creature to pieces, and swallow it in that way with relish? We do not see how any one could have eaten meat before the invention of fire and knives. Long ages passed before man constructed weapons wherewith to hunt animals, and before he attempted to turn them to domestic uses. What do you suppose people ate before they were nomads and hunters? There can be no doubt that man once occupied *a stage when he had no weapons* or tools of any kind, and was restricted to the use of his limbs for obtaining his food. But as all animals on which he might have lived, possessed superior swiftmess, it seems plain that *man's original food was such as could not run, swim or fly away from him. That is, fruit, vegetables, etc.*

Cats and dogs eat meat. They have no saliva, not requiring it; saliva is chiefly needed to aid in digesting starchy food, such as taken by man in bread, cakes, barley, rice, etc. We need traps or missiles to secure; axes etc., to kill; ropes to tie; knives to skin and cut up, and fire to roast and cook animals. Before man possessed those artificial helps, he could not eat meat, and was compelled to adhere to his normal, bloodless and wholesome diet of fruit, grain and nuts. Fruit and nuts, man's natural food, can be eaten without tools, such as knives, forks, spoons, plates, pots, stoves, fuel, and fire. All food that requires preparation or tools, is unnatural and harmful.

In consequence of the perverse teaching of the drug profession, it is commonly thought that man must eat meat in order to gain *strength*, but in order to prove that this is not the case, let us consider this fact:

In menageries you may see two or three full grown lions hitched to a chariot, drawing it probably a few steps; whereas a horse will draw ten times that weight from morning till night over hill and dale. Flesh diet gives strength for a momentary fierce onslaught but furnishes no staying power. The strength of the horse and ox, which, in their



FIG. 25.—*Fight between an Elephant and Tiger.*

The gin-tippler claims that he derives his strength from the alcohol; the opium smoker is braced up by his narcotic, and the meat-eater attributes his strength to his nauseating diet. A person not addicted to these vices sees plainly that those ideas are mere delusions. Our licensed quacks preach, and the people believe that "meat gives strength." The elephant feeds on plants, and the tiger lives on meat; but the former crushes the latter with one step of his foot. Which is the stronger?

Natural state, live on grass only, is proverbial. So also the strongest animals on *terra firma*, the rhinosceros, hippopotamus, and elephant, live entirely upon vegetable products. (Fig. 25.)

As meat is not our normal diet, we lack the organs to digest it properly and draw strength therefrom, as well as to dispose of its waste products. A plain proof of this allegation is that a meat diet necessitates

the use of toilet paper. With all animals living according to nature the orifice of the colon is so admirably adapted to its purpose that the faeces leave the body without soiling it—for obvious reasons, man and his domestic animals form exceptions to this rule.

Moreover, meat will not keep for a long time, but it soon decays, and therefore evidently was not meant for any such use as food.

Rapacious animals eat the meat quite fresh, and even when warm. Man knows as little how to care for his domestic animals as he does how to care for himself; hence, *all domestic animals are unhealthy and tainted with disease, and their flesh is poisonous*. Many animals are killed after having been overworked or exhausted by the chase. Under such conditions the meat is doubly unwholesome. This can never be the case with plants. According to the records of the City of Berlin—Germany, five-sixths of all meat prepared for market was more or less tainted; what, then, can we expect of places whose food-supplies are not under



FIG. 26. Picture speaks for itself.

official inspection? At best, meat contains only half fresh and half effete matter, all animal bodies being always in a state of transition. In eating meat we eat this effete or used-up matter also, and this cannot be assimilated by man without injury to his health.

The beef-eating Englishman is a living example of the harmfulness of a meat diet. He eats his rare steak thrice daily, and is frequently afflicted with gout, in consequence,—as all physicians agree. As to pork, it is beyond all doubt the fruitful source of scrofula. (Fig. 26.)

The trichinous flesh-worm disease, or trichinosis, has in some countries assumed the character of an epidemic. This, as well as many other ailments, vegetarians escape. (Figs. 27, 28.)



FIG. 27.—*Trichine*.

- a.* The free animal.
b. Encapsuled. Vegetarians escape these dangers eo ipso.

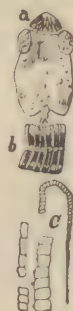


FIG. 28.—*Tape-worm*.

- a.* Head.
b. and *c.* Some joints.

"It is a matter of surprise to those who have given the subject more than a passing thought, that the practice of eating lifeless, decomposing animal flesh, should continue, as it chiefly does, among the Christian nations of the earth in this enlightened age—a practice condemned by most *heathen* nations.

Rev. Seb. Kneipp advances one reason in favor of meat diet, *viz.*, that God created animals for men to live upon. With greater reason the bed-bug and other vermin might say: "God created man for us to feed upon, and man has no rights which we are bound to respect." According to this logic, the Chinese are nearer to God by also eating rats; and monkeys still nearer, by picking and eating the vermin from one another's bodies. Kneipp's argument might carry weight with some people, but we must have reasons for universal acceptance. In his practice, Kneipp prefers a vegetable diet for children, and a mixed diet for adults. He has adopted these rules as a result of his actual observations, that a purely vegetable diet agrees best with the young; and that, when sick, they recover health more quickly under it than under meat diet. Kneipp has many peculiarities in common with the drug people. He bases his directions not on any

fixed principles, but on his personal experience. So the entire medical practice is founded on individual experience, which has led mankind into an awful abyss of universal disease. The changes in children occurring much faster than in adults, the effects of a proper or improper diet make themselves more quickly noticeable; and if Kneipp finds from actual experiment that under a vegetable regime sickly children recuperate more quickly than under a diet of flesh or even of mixed diet, it is because it is their natural food. In adults, the harmfulness of meat is less obvious, and escaped Kneipp's notice, because he was also prejudiced in favor of meat by his particular interpretation of the Bible; but the harm exists just as really in the one case as the other. In "My Will," Kneipp says: "As a rule our appetites crave rich, unwholesome food and drink, and to yield is to imperil our health and possibly destroy it." Here, again, he is rather superficial, by not inquiring into the reason of this condition. He does not dream of discovering whether this craving be normal or abnormal; whether naturally or artificially acquired. From his way of putting it, it would seem as if the Creator were responsible for this unwholesome appetite. In our view, man alone is to blame. He has adopted a wrong diet, and his appetites have become perverted in consequence; and we sustain our position by the fact that if a person adopt a hygienic mode of living, all unnatural desires will leave him. The following further proof of how Kneipp is at variance with himself as to meat diet, is found in "My Water Cure," p. 287. Referring to Piles, he says:

"The peasant who lives on a simple fare and never sees meat except on Sundays and holidays, knows this complaint scarcely by name." As the former is the one who needs physical strength above all, and as he can dispense with meat, this dish must be utterly useless to townfolk.

Suppose all the salt and spices removed from a sausage: would the rest not be a most disgusting mass? Everyone also knows that the large plant-eating *animals* have greater longevity than those given to a meat diet,—best instanced by the great vitality enjoyed by the elephant, which not only possesses prodigious strength, but also attains an age of four and five times that of the large cat tribe. Upon the other hand, meat-eating animals are all rapacious and *cruel*. So are the Indians, probably on account of their meat diet. This, too, is the reason why they are mentally greatly inferior to the mild Hindoo. (Fig. 29.)

In February, 1835, Dr. Milo North, of Hartford, Conn., issued a circular to his medical brethren to learn from them their unbiased opinions as to the so-called "natural" vegetable diet. Knowing the prejudice against it existing among physicians, he so worded his circular as to cor-

vey the impression that he was opposed to the diet in question. The following notes are extracts from some of the replies which he received :
 DR. WRIGHT, after living for three years without meat, declared that



FIG. 29.—*Chickens.*

On chicken farms, dung heaps are formed of alternate layers of decayed meat and earth. In these, worms are bred, and the chickens for the market are almost exclusively fed on the scavengers of putrid meat. All chickens will swallow the most revolting stuff: trichinous meat, tape worms, expectorations of consumptive people, anything. In consequence, many of the birds thus die a natural death, but are nevertheless sent to the market, and looked upon by the drug school as a sort of panacea for every sort of ill. In order to convince yourselves that the above cut is not overdrawn, you may go from butcher store to butcher store in New York. Everywhere the most disgusting spectacle salutes you.

his digestion was better and his mind clearer than ever before. He could also endure more hard mental labor with less fatigue than formerly. DR. BARROCOS praised the results of this bloodless diet, and

th change to it gave rise to no bad symptoms in any of his patients. DR. BANNISTER cured himself of inherited consumption by adopting an exclusively vegetable diet. DR. TENNY also puts himself on record as deriving great benefit by abstaining from meat. DR. KEEP found his strength increased, his digestion improved, while he was no longer subject to fevers. He had been prostrated for years, and nothing else had proved of any avail to effect his cure. With MR. CONGDON, vegetarian diet also resulted in a normal digestion. DR. HOWLAND found his strength increased, his mind stimulated, and all his ailments vanished. DR. W. G. WEBSTER states that animal food invariably lessens his strength, and produces feverish restlessness, and constipation, whereas vegetable diet makes him more enduring and regulates the bowels.

Dr. Knight, for years a victim of obstinate digestive trouble, was induced to adopt a purely vegetable diet. Under it his various ailments disappeared, his muscles grew firmer, and after a couple of years he found himself in better condition throughout, chiefly also because the adoption of the diet had resulted in the loss of twenty-five pounds in weight. To prove conclusively to himself that this improvement was entirely due to vegetable diet, he twice tried to return to eating meat. Both experiments resulted in fever. Under his advice, a Mrs. A. was cured in the same way of a scrofulous ulcer in the breast. He, himself, became entirely convinced that the whole human race would live longer, and enjoy a much higher degree of mental and physical development, were meat never to be touched.

TESTIMONIALS OF OTHER PHYSICIANS OF ALL AGES.

DR. CHEINE, who weighed 448 pounds, lost 300 of this superfluous weight, while both his health and mental ability improved in consequence. In his writings, he dwells upon the fact that he has everywhere found abstinence from meat to bring about increased enjoyment, clear mind-power, perfect physical health, and added length of life.

CASSIAN tells us that the first Christian hermits only took twenty-four ounces of food per day, and that they subsisted entirely on bread, vegetables and water. Living in this way, Johannes lived to be 93 years. The hermit Paulus attained the age of 113 years; Jacob, 104; St. Antonius, 105; St. Epiphanius, 115; St. Hieronymus, 100; Romaldus, 120; Simon Stylites, 109; Arsenius, 120 years. The Jewish prophet Elisha, a

strict vegetarian, reached an age of over 100 years. Cyrus the Great, Orpheus, Hippolyte, Hesiod—all vegetarians—reached a high age; so did the venerable poet Homer, who begged his bread. KENTIGERN, called St. Mungo, never touched meat or wine, and reached the age of 185 years. THOMAS PARR lived on coarse bread, milk, cheese, etc.; at the age of 120 he married again; when 152, the king invited him to London, where he soon died, a victim of a diet too rich for him. J. EFFINGHAM, all his life a hard-working day-laborer, never took alcohol, and very rarely ate meat; he reached the age of 144 years. Eight days before his death he walked three English miles. JURGEN DOUGLAS, a carpenter, died, 120 years old; his thirteenth child was born when he was 103 years old. His hearing and memory remained perfect until his death. He never cared for liquors; he rarely touched meat; water was his daily beverage, and in summer, sour milk; oatmeal, gruel and pease, were his favorite dishes. ANTON SENISH, a French peasant, died when 110 years old. He worked till 14 days before his death; his eyesight was sharp, and he took his full suit of hair and teeth to his grave. His diet consisted of chestnuts and corn; he never took physic. MARIA WILLAMO, a peasant woman, attained the age of 115 years. She never took meat or alcoholic drinks. Eyesight, memory, intellect and language remained intact to the last. At the age of 100 years, she lost her first tooth, and when 103 years, her second; but both were replaced again. Three years before her death she walked to church accompanied by her family, and grand and great-grandchildren, 70 in number. She was never sick, and died a quiet, peaceful death, speaking intelligently to her dying moment.

J. BAILIES lived on black bread and simple fare, while water was his sole beverage. He died at the ripe age of 128 years. H. FRANCISCO died when 125, and during the entire latter half of his life he had been a strict vegetarian. The artist, G. SZOSNOWSKI was still skillful with his brush at the advanced age of 117; he was never sick, but full of vigor to the last. He was, of course, a vegetarian, used neither wine nor alcoholic liquors of any kind, and eschewed the use of coffee and all other stimulants. He never smoked. He enjoyed exercise, and even on the day he died had been walking about. His end was easy, natural and painless, as death should always be. Many of the *Arabs of the Desert* reach the age of 200 years or over. They live simply, never touch alcoholic drinks, and take plenty of exercise.

The more truly learned physicians of both ancient and modern times all agree in the opinion that a vegetable diet will, if adopted in time, cure consumption, rheumatism, gout, scurvy and many other ills.

DR. LAMBE writes: "We come in contact daily with cases of consumption where the patient has *not* omitted meat one day for years." The American Indians live in this way, and consumption is a common disease among them. TIMORIC tells us that, during a pestilence at Constantinople, the Armenians who resided there and lived mainly upon vegetables, suffered least. Meat diet predisposes man's organism to the ravages of infectuous diseases. Since the fishing industry declined on the Isle of Ferro, and the inhabitants commenced to eat vegetables, the itch has entirely disappeared from among them. The Brahmins who renounce the use of meat entirely, reach a very great age.

In the case of ailments which, on account of long neglect and drug-taking, are really incurable, entire abstinence from meat will prolong the patient's life by at least one-tenth. The use of animal food exhausts the vitality too quickly, the organism reaches its maturity too soon, and passions are thus early developed. Vitality is in this way prematurely exhausted, and we become old before we reach the middle of a natural lifetime. Animal diet likewise results in obesity, which is really a disease in itself. Very stout people rarely attain a ripe old age.

Theosophists insist that meat diet impairs the intellect and makes the mind dull. After a meal of meat, it is scarcely possible to think profoundly upon any subject; whereas, with a vegetable diet the mind is as clear at any time in the day as it is upon first awakening from sleep. It has been observed, too, that this diet improves the powers of the memory, reason and imagination.

The use of fermented drinks almost invariably accompanies the use of meats. Esquimaux, Samojedes and other people living in the extreme northern regions, and subsisting almost entirely upon meat, are cowardly and weak, as well as physically stunted and undeveloped.

DR. BUCHAN says that the reason for the prevalence of consumption in England, is the excessive use of meats there. This accounts also for scurvy, and even the most obstinate cases are cured by the adoption of a vegetable diet. DR. WHITLAW tells us that, at one time, the Romans, firmly convinced of the superior excellence of vegetable food, adopted extra laws (*lex faunia* and *lex licinia*), *permitting very little animal food; and as a result, for five hundred years disease was unknown and physicians forgotten.* The Tartar, living mainly upon animal food, is fierce, cruel and sullen, and delights in wars. The vegetarian Hindoo, on the contrary, is mild and gentle in temperament. DR. CLARK says: "In the education of children there is no greater evil than the habit of animal diet; they are thus rendered liable to a number of diseases which

they would otherwise escape." DR. ALCOTT says: "As long as the use of animal diet remains unchallenged, all our efforts to eradicate disease must prove of no avail."

The Japanese, who do not eat meat, are physically the most perfectly developed of all the people of Asia; for this diet conduces to facial as well as bodily beauty; but the Australians, whose diet is principally animal, are lean and ugly, and are rapidly dying out.

The destruction of animals for the use of food includes in its details and consequences so much cruelty, that anyone, not utterly inhuman and callous, shudders at the thought. Women who kill animals and fowls for table-use do it with the utmost reluctance, and no healthy child, and indeed few adults, can go through a slaughter-house without disgust.

SOME TESTIMONIES OF HISTORIANS, SCHOLARS, TRAVELERS AND OTHERS, REGARDING VEGETABLE DIET.

HESIOD relates of the first tribes of mankind, that the uncultivated fields supplied them with food, which they ate in its natural condition. HIPPOCRATES also states that, in the beginning, man lived on the wild products of the earth. PLATO, in his "*Republic*," tells us the story of two cities, one of which was healthy and prosperous, because the inhabitants were all vegetarians; and the fate of the other was ill-health, degeneracy, and ruin, on account of the introduction and practice of animal slaughter. THEOPHRASTUS, who taught that meat-eating dulls the mind and leads to insanity, lived to be 107 years old. And NUMA POMPILIUS, the best and wisest of all Roman potentates, was likewise a vegetarian.

PLUTARCH, in a dialogue, writes: "You ask me why *Pythagoras* abstained from meat diet? In return, I would ask, what courage was needed by the man who first put a morsel of murdered animal into his mouth, tearing with his teeth the corpses which were still warm with scarce departed life? How could he bring his hand to thrust the steel into a living being which looked into his eyes, and in much resembled himself? How could he decorate his table with these corpses, and incorporate them into his own system? How could he endure the sight of the murder of a weak, helpless animal,—see it butchered, skinned, and cut to pieces? Panthers and lions, whom you speak of as 'wild,' follow their instinct, and know no other way of living than by killing fellow

animals. But you, in living in this way, fall far below their level, because you know better, and are without the excuse of either necessity or ignorance; you surrender yourselves to the lust of cruelty and bloodshed. Meat has to be cooked, mixed with spices, etc., in order to sufficiently disguise its taste, to make it palatable. There must be cooks to do all this, as well as butchers to relieve you of the repulsiveness of murder, before you can enjoy the eating of these corpses."

PLAUTUS says that the fact of the human body being destitute of claws and tearing teeth, proves that it was not constructed to live upon animal food. CICERO speaks in favor of vegetarianism. OVID says that fruit was the first food. PORPHYR advocates abstinence from meat. According to GALEN, the inhabitants of Arcadia, who were vegetarians, were considered by all their neighbors to be the happiest of people.

SIR ISAAC NEWTON, when engaged in hard study, always restricted himself to vegetables. MILTON was a strict vegetarian. ALEXANDER POPE and JEAN JACQUES ROUSSEAU agree in condemning a meat diet.

FLOUREN, in his "*De la longévité humaine*," page 135, insists that man does not belong to flesh-eating animals, but originally was a plant eater only. The great anatomist CUVIER agrees with him entirely, and proves conclusively that *the construction of the human body is, in all its essential features, adapted to vegetable diet only*. HUMBOLDT demonstrates that if the animals, such as sheep, cows, etc., living on a certain area, are capable of producing food for a certain number of people, the same area in Europe, planted with wheat, would support ten times as many persons; or if planted with bananas in Mexico, would support 250 times that number. In this way, *one person, living on meat, virtually robs 249 persons of their means of sustenance*. OWEN, the well-known anatomist, *proves conclusively by the formation of man's teeth that we belong to the frugivore*.

The chemist BLACKWOOD demonstrates that *vegetables contain all that is necessary for man's life and strength*; and LIEBIG, another celebrated chemist, states that *vegetables contain as much iron as lean meat*, and continues: "*Meat-eating man requires an immense area for his maintenance, far more than is needed by a tiger or lion. A nation of hunters, compelled to live in a limited space, are inevitably cut off from the possibility of increase.*"

DR. W. ZIMMERMAN, in his excellent dietetic treatise, "*The Road to Paradise*," says: "Man has become what he is by habit. The force of habit overcomes every other tendency, and is, the main factor in determining the meat diet for him. The sacrifice of children, gladiatorial

contests, the torture of criminals and suspects,—all these things were every-day affairs in olden times, but we shudder at them now. And so, in a few years, intelligent people will shrink in horror from the murder of animals, as well as the eating of their corpses."

B. GOLTZ speaks with great enthusiasm of the "meatless diet." PROF. DAUMER maintains that of all the reforms in culture and morals, which are still to be achieved, the *dietetic* reform, if not the most important, is surely the *most essential*. G. STRUYE valiantly combats the meat diet, and says that we can never have a perfect, or even advanced state of society, while the corpses of animals are everywhere on exhibition; and also claims that *it is man's own fault that we have not a paradise here on the earth*. In GLEIZÉ'S *Thalysie*, page 123, we read: "*No one knows less about the true medicine than the medical men themselves.*" "It is impossible for real human happiness to go hand in hand with murder." "Blood trails lead to the tiger's haunt, strewn flowers should mark the way to man's habitation." "Meat is a godless dish." "When about to kill an animal, and your conscience whispers to you to halt, I adjure you, do not proceed, and do not act against God's voice, which thus speaks to you." SOCRATES says: "The less you need, the nearer you approach the gods who are beyond all wants." And the poet SHELLEY insists: "Man's physical and moral degradation is due to his unnatural mode of living. Man has strayed from the path of nature, and, by the indulgence of his unnatural appetites, he has polluted the purity and happiness of his existence. *The advantages of a reform in diet are without doubt greater than could be obtained by reform in any other respect. It plucks up the whole evil by the root.*" W. BONNETT, page 137, appeals to man's moral sense on this subject. *Vegetarianism is surely the most effective beautifier.*

PROF. TRAILL considers a meatless diet to be the beginning and foundation of all social reforms, and without it he alleges their success can be but partial and temporary. *All nations have risen or fallen in exact accordance with their diet—as to whether they abstained from the use of meat or not.* The hardest labor is done by people who eat very little meat, and no meat-eating animal can perform continued arduous labor. *Meat diet is stimulating in a certain way, and, just to the extent that it stimulates, it fails to nourish.* And in the same way and just to the extent that any food nourishes it does not stimulate. *The confusing of nutrition with stimulation is a common mistake, and is a most fruitful source of error in the choosing of articles of diet.* The formation of man's teeth assigns him his place among the fruit-eaters. *Flesh is only one-quarter as nourishing as grain.* Animals, artificially fattened, are almost without exception found to be

diseased. *Meat diet stimulates, and gives the preponderance of power to our animal propensities, while vegetable diet strengthens the moral and mental qualities.* In a thousand ways, the former produces and fosters the spirit of selfishness and cruelty—giving rise to *personal quarrels and national wars.* Animal murder is the root from which all human murder springs.

Vegetarianism insures against contagion. During the cholera epidemic of 1832 in New York, the vegetarians escaped the pestilence. Chronic ailments likewise disappear under a natural regime—that is a vegetable diet.

The *Greek athletes* were originally trained in this way ; but later on, to make the gladiators more fierce, they were given meat. The *Spartans* who were immortalized at Thermopylæ, were vegetarians. The *Jews*, who had grown brutal and degraded, and lost all higher moral and patriotic aspiration through the indulgence of the appetite for “the flesh-pots of Egypt”—had to wander forty years in the desert until this old, corrupt generation had died out, and a new one had arisen to take its place, which, by reason of its vegetarian diet, was physically and intellectually far superior. The *Coolies of China* are a most active and industrious class, and they live principally upon rice. LANE relates that the sailors on the Nile are very hardy and muscular, undergoing the greatest fatigue, and yet they live abstemiously and eat the simplest fare, never using meat. The *Spaniards of Rio Salado*, are vegetarians, and develop an astounding strength and endurance. The *Congo slaves of Rio Janeiro* also are vegetarians. Among them are found the most perfect specimens of physical development in the world. The porters on the Isle of Terceira live on coarse vegetable diet, and are exceptionally strong.

The strength and beauty of the *Irish* is famous the world over, and this is simply due to the fact that they live upon vegetables. This sort of diet conduces to beauty, strength and agility. MORRELL says in reference to the inhabitants of *Honolulu*: “Men raised anchors weighing 600 lbs. as easily as any European would one of 100 lbs. weight. The females have slim waists, fine forms, and most beautifully shaped busts, and their motions are easy and full of grace.” LAPEYROUSE (p. 203) tells us of the inhabitants of the *Hamas Isles*: “The men are giants in size, and very athletic. The women are tall, slim, and exceedingly graceful.” D'URVILLE says, referring to the islanders of *Hawaii*: “The women, tall and graceful, are remarkable for their strength.”

SINCLAIR says: “Vegetable diet has a most beneficial influence upon our mental faculties, increasing the vividness of the imagination, and the

delicacy of sentiment, as well as the acuteness of the judgment."* According to BENJAMIN FRANKLIN, a purely vegetarian diet promotes clear ideas and rapidity of thought. DR. KORKE, a teacher in Syra, in the Grecian Archipelago, assures us that in no country could he find pupils to compare with his, and he attributed their pre-eminence to their diet, which was entirely vegetarian.

In the yearly report of the *Albany Orphan Asylum*, we find the following: "For the first three years, the bill of fare consisted of fine bread, rice, Indian pudding, potatoes, and other vegetables, with fruit and milk, and to this was added, later, meat and meat soups once a day. Considerable attention was paid also to bathing and cleanliness, as well as to clothing, air, and exercise. Bathing, however, was performed in a perfect manner only once in three weeks. Many were received in poor health, and not a few continued sickly. In the fall of 1833, however, this diet and regimen was materially changed. *Daily ablution of the whole body*, in the use of the cold shower or sponge bath, or, in cases of special disease, the tepid bath, was one of the first steps taken. Then, the fine bread was laid aside for that made of *unbolted wheat*; and, soon after, *flesh and flesh soups were wholly banished*. Thus the advance continued, until, in about three months more, they had fully adopted the vegetable system, as well as reformed habits in regard to *sleeping, air, clothing, and exercise*. This course was continued until August, 1836, when the results were thus summed up: 'During the first three years, in which the old system was followed, from four to six children and often more, were continually on the sick list. A physician was regularly in demand, once, twice, or three times a week, and deaths were frequent. During this whole period, there were between thirty and forty deaths. *After the new system was fairly tested, the infirmary was entirely vacated, and the services of the nurse and physician no longer needed*. For more than two years, there was neither sickness nor death in the establishment. In the twelve months succeeding this there were three deaths, but these were new inmates, who were diseased when admitted;—two of them being idiots.'" The managers' report says: "*Under this system of dietetics, the health of the children has not only been preserved, but those who came into the asylum weakly, soon grew strong and vigorous, and increased in activity, cheerfulness and happiness.*" "

The Superintendents also state that "*since the new regimen has*

* Our medical friends, being advocates of the bloody meat diet, we need not wonder at their dullness of perception and lack of erudition.

been fully adopted there has been a remarkable increase of health, strength, activity, vivacity, cheerfulness, and contentment among the children. The change of temper is very great. They have become less turbulent, irritable, peevish and discontented, and far more manageable, gentle, peaceable, and kind to each other." One of them further adds: "*There has been a great increase in their mental activity and power, the quickness and acumen of their perception, the vigor of their apprehension, and the power of their retention daily astonish me.*"

During the period of highest civilization attained by ancient Egypt, her inhabitants subsisted almost "exclusively upon millet, dates, and other fruits and cereals. Athletic Greece rose to her greatest culture upon two meals a day, consisting principally of maize and vegetables steeped in oil." Gormandizing almost invariably marks the beginning of a nation's decline, as history proves. "When exciting wines and a host of rich and stimulating viands become necessary, a country bids "a long farewell to all her greatness."

Just as instinct is infallible, so is it indispensable for the perpetuation of the race. Whatever its order, any animal species which corrupts and stifles its instincts is doomed to destruction, and, sad to relate, it is but too evident that the human race ripens and decays towards death. Escape is possible only if his natural instinct is regained and obeyed.

No flesh-eating animal has a porous skin; but the skin of man, in common with all those animals which subsist upon fruits and vegetables, is porous, exhaling carbonic acid gas and inhaling oxygen, the life-giving element of the air. Therefore, he who eats meat, in so far deprives his skin of its legitimate work and overburdens his kidneys and lungs. This perversion of organs results in asthma, anæmia and Bright's disease among the higher classes, and consumption among the hunting Indians. Meat diet requires an increase of respirations—the pulse, ranging from 50 to 60 beats per minute in vegetarians, rises to 70 and even 90 beats in meat-eaters, involving a useless expenditure of vital power.

* Flesh eating is merely a fashion, based upon unscientific reasons. Feeding is an absolute necessity, but the eating of fish, flesh and fowl is as useless as the wearing of silk hats, tight shoes, stays and diamond pins. Man's body is fatigued, made ugly and unhealthy by these unnecessary "fixtures" called raiment, just as his digestive organs are fatigued, and his body made ugly and unhealthy by the ill-chosen food under the name of aliments.

* The following pages up to p. 100 are partly a literal quotation, and partly drawn up from a phamphlet issued by Mrs. Leigh Hunt Wallace.

Says Mrs. Wallace: "Man is a cringing slave to fashion, for he is the sport of every tradesman's breeze; he will wear anything, be it ever so tortuous and inimical to his personal comfort; he will go anywhere, repeat any nonsense, believe anything, swallow anything down his ill-fated throat, submit to being tattooed, have holes bored in his ears or his nose, and, in short, do anything that happens to be the reigning custom of his age and country, with exactly the same degree of self-sacrificing persistency as he will exercise in denouncing it when a fresh fad demands his adoration. But when a fashion endures for ages, man accepts it as a necessity of his being."

The vegetarian propagandist has one great difficulty with which to contend—that love for the "flesh-pots" into which man has deluded himself. Yet a logical and philosophical examination of his love proves it to be more imaginary than real, having resulted from man's own depraved senses rather than from any real seductive qualities in the flesh itself.

"As I would say to the vegetarian Brahmin, 'If you, Sir, had been born an Englishman you would have participated in the supposed delights of eating the flesh of the ox and the sheep;' so I say to you, that if you had been born a Tannésé you would have reveled in their predilections for human flesh, who, when remonstrated with, reply, 'Pig's flesh is very good for you, but this is the thing for us.' The history of cannibalism teaches us that if the strong hand of the law had not prevented our devouring each other, such would be our custom to this day." Though awful, this impeachment is doubtless true.

But man rejects certain kinds of flesh to-day. The domestic pets, dogs, cats, parrots, gold fish, children, monkeys, insects and reptiles, as well as the wild beasts of the forest, are as edible as the pig and turkey which are slaughtered alive for the delectation of the gormandizing epicure and the coarse clown.

"In Ceylon they eat the monkey, and in Africa the lion. Some of the Arabs eat the wolves, and many of the Chinese indulge in cats and frogs. In Sheppard's book, entitled 'Shut up in Paris,' we learn that 5,000 cats were eaten during the late siege, and we are told that they are downright good eating, and that a kitten well cooked is better than a hare or a rabbit; also 1,200 dogs were then eaten. Two bears were also eaten, the taste being compared to that of pig's flesh. In this age and country ox-tea, *i. e.*, beef-tea, is the orthodox order given by every medical man who has any regard for his reputation, while in Africa their beef-tea is

expressed from the flesh of cats, dogs, and wolves, and the testimony in favor of their beef-tea is quite equal to that which supports ours."

Some Esquimaux feed upon bear's flesh and the flesh of the seal with no more apparent injury than we do upon that of the pig or the sheep. The Arabs of Barbary prescribe the hedgehog for their patients as we do calves foot jelly for ours. And so, too, the kangaroo, opossum, walrus, whale, porpoise, earthhog, rhinoceros, sloth, camel, elephant, rat, mouse and many other animals are considered delicacies by various people in distant parts, as shown in Pavy's "Treatise on Food and Dietetics."

"The Hottentots consider the entrails of animals the most delicate eating," while many Englishmen enjoy cheese with maggots in it. If "you had chanced to be a born Zulu you would have joined them in their feast of carrion or decomposed flesh with the worms in it, which Bishop Colenso tells us they call *ubomi*, being a synonym for their highest notion of happiness. In short, man eats and maintains his present condition of physical diluted happiness and positive misery, while partaking of every mammal, bird, beast, fish and reptile that he can manage to procure; eats it in every stage of its existence, cooked or uncooked, living or dead, fresh or putrescent, without regard to the health of his body or soul, mind or morals, so long as it is the custom of the locality of his birth-place. Each man thinks that the particular flesh which he is in the habit of eating is pleasant to his taste and necessary to his support, while it may be neither."

Now, it must be admitted, "if the flesh of one animal can be honestly relished so can the flesh of another animal that is eaten anywhere. If a flesh eater enjoys the flesh that he does eat, he would enjoy the flesh that he does not eat, and if he can never contemplate without disgust the act of consuming flesh which he has never tasted, then he has an equal, though over-ridden, disgust towards that which he does eat. A little book, entitled, 'Why not eat insects?' has recently been issued by Field and Fuer, London, Eng., in which Mr. Volt, the author, seriously condemns the prejudice which exists against eating grubs, snails, moths, etc., and, from the flesh eater's standpoint, there is no disputing his logic. In 'The Revival of Canibalism,' recently published in Great Britain, the many arguments which may be adduced in favor of anthropophagy are all founded upon the flesh-eater's arguments.

No vegetarian would deny that man both can and does eat flesh, any more than any flesh-eater would deny that man is a prey to the very vilest forms of disease; but investigation will reveal whether these facts are related each to the other as cause and effect. Some of the world's finest

and healthiest races are pure vegetarians from the hour of their birth. Had the reader been born a member of one of those many large classes of the world's inhabitants whose religion forbids the *touching* of a corpse, let alone the piece-meal *swallowing* of it, he would never have eaten one particle of sheep, ox, hog or any other animal. "Personally, in my flesh-eating days, the winter weather caused me real suffering. If exposed to the external air, my hands and feet would become painfully benumbed, my head and eyes would ache, my skin would chap, severe chilblains would be induced, and no amount of clothing that I could carry would enable me to retain the heat. Of course, *I obeyed my physician's orders to take certain quantities of brandy, beef-tea, etc.*, to support combustion, but it was not till, in the winter of '73, after a few months' *abstinence from these things*, that I could endure the colder freaks of this climate with even moderate indifference, and from that date I became perfectly free from the annoyance and pain of chilblains. My husband, who rejoices in 19 years' experience of vegetarianism, and others who have adopted this diet for shorter or longer periods can testify to the same results.. Many of us—myself being an instance—have been plucked from the grave only by this change. Our children who have never seen or tasted flesh thrive in a superior manner to the children of flesh-eaters. Neither custom nor climate warrants the eating of flesh, and the sooner that error is removed from the minds of the people, the better it will be for their happiness."

The public are deplorably ignorant as to what they should eat and drink in order to induce mental and bodily vigor, with freedom from disease. Man is acting contrary to both his own best interests and his nature, when following the accepted custom of feeding. "*It is quite useless to apply to medical authority concerning this matter, because each man will order or forbid just that which it is the fashion to order or forbid. But very few medical men are really independent thinkers, and when they are, and have the courage to strike out an unbeaten path, they lose their practice and their good reputation. The truly honest man, who really works for the good of his patients, is soon dubbed a quack.*" As a nation, we seem to live for the purpose of creating disease to support the doctors; but let the abstinence from fish, flesh, and fowl, alcohol, drugs, and tobacco together with the abolition of vaccination, be once established, then diseases will rapidly diminish, and our medical men will have to adopt another profession."

It becomes a plain duty to encourage an opposite mode of life, since we recognize that the practice of flesh-eating is fraught with so many positive social and racial evils. For a people to degrade a large proportion

of their fellows by employing them to slaughter beasts is, to say the least, disgraceful. Much of the land now employed to grow food for the cattle could be utilized to such an extent for growing food for man, that the question of food supply would be settled for centuries to come, while at the same time the agricultural laborer would be provided with work and the race plentifully supplied with good food. Consider how much more healthful it would be for the thousands of butchers to till the soil, preparing wholesome fruit and vegetables for our sustenance instead of making corpses for our tables, while the unhappy consumers are sent to fill untimely graves. Not only do the emanations from the meat markets produce blood-poisoning in many of the attendants, but the smaller shops emit vapors which render fetid, and unwholesome all the air which we breathe, necessitating the expenditure of millions of treasure in order to prevent or mitigate pestilence.

It is an important fact, having a large moral as well as social and physical bearing, that the organism of the non-flesh-eating individual does not crave stimulants, and it is a well recognized fact that if once a civilized nation adopts vegetarian practices, *the alcohol and beer shops would like the tobacconist, butcher, poulterer, fishmonger, and chemist have to be shut up, and reopened for the providing of more healthful commodities.* A civilized nation of vegetarians would not possess a drunkard or a tippler. Picture to yourselves such a heaven upon earth as compared with what we now have; and to bring about such a condition is the aim of all true vegetarians, and is surely worthy of most candid consideration. Do you really believe yourself to be naturally carnivorous? Then sleep not at night, but watch for your prey. "And when you have pounced upon it, like the fox upon the hen, or the wolf upon the lamb, you must know what to do with them. Tooth and nail must respond to your natural instinct and quickly prepare your repast. After your nocturnal exertions you must sleep through the day, and your thirst you must slake by lapping as the dog and the cat do, *for no truly carnivorous animal was ever known to drink*; and when you are hot you must open your mouth and hang out your tongue; and by some stratagem you must combine to close up all the pores of your skin, *for no truly carnivorous animal was ever known to perspire.*"

The civilized mind to-day is frightfully inconsistent in the treatment accorded by human beings to their sub-human associates. The ruthless disregard for the life and happiness of the non-human animal world manifests a conscience profoundly asleep as well as a hideous phase of human nature. "It is enough to make villains weep"—the cold-blooded man-

ner in which we cut the throats of animals, dash out their brains and discuss their flavor at our cannibalistic feasts.

Says J. Howard Moore: "From our cradle up we have been taught that mercy to the lamb and the heifer is a disease, and we have become so accustomed to deeds of violence and assassination that we perpetrate them and see them perpetrated without the semblance of a shudder."

"See that dainty lady going down the aisles of the cathedral! She looks in her silks and loveliness the very picture of purity and innocence. But look closer, and you will discern in her faultless art the disfigurements of crime. See those furs! They did not fall like snow-flakes from the bounteous lap of heaven. They were stripped from the quivering form of some outraged creature to whom life and happiness were as dear as to her. Look at her head-dress! Those fluttering wings are the remains of song-birds whose beauty and joy once filled the woods and fields. But their throats were silenced and their beautiful and happy lives ended forever to amuse the vanity of this spiced and beribboned worshipper. She ate breakfast this morning, and she ate that which compelled the darkest crime on the calendar—murder! Her innocence, therefore, is in the eyes of those who behold her, and her conscience is spotless only because she is asleep.

"And so with us all—we are criminals—criminals of the most shocking hue. If we were only able to shake off this somnambulism and see ourselves as we are and as the future will certainly see us, we would be terrified by the crimes we are committing. Take the delicate organism of the heifer, all palpitating with life and full of nerves, and torture it and mutilate it and chop it into twitching fragments with a composure and nonchalance that would do honor to the managers of an inferno. We call ourselves the paragons of the universe, yet we are so hideous and inhuman that all other beings flee from our approach as from a pestilence. We preach the Golden Rule with an enthusiasm that is well nigh vehement, and then freckle the globe with huge murder-houses for the expeditious destruction of those who have as good a right to live as we have. Every holiday is an occasion for special massacre and brutality. Thanksgiving, the day above all others when it seems men's minds would be bent on compassion, is a furious farce. Instead of being a day of grace, mercy and peace, it is a day of gluttony and ferocity. Killing tournaments by 'crack shots' are the order of the day. Imprisoned pigeons, suddenly freed, are shot down without mercy by unfailing marksmen. In many places rival squads of armed men scour forest and prairie, indiscriminately massacring every living creature that is not able to escape

them, and for no higher or humaner purpose than just to see which side can kill the most. This is a crime unparalleled on the face of the earth. No species of animal, except man, plunges to such depths of atrocity. It is bad enough, in all conscience, for one being to send a bullet through the brain of another, in order to tear it to pieces and swallow it; but when such outrages are perpetrated by organized packs, just for pastime, it becomes an enormity beyond characterization!

Look at the scenes to be met with in all our great cities! They are enough to horrify a heart of flint! An army of butchers standing in blood ankle deep and working themselves to exhaustion cutting the throats of their helpless fellows—unsuspecting oxen with limpid eyes looking up at the deadly pole-axe and a moment later lying a-quiver under its relentless thud—struggling swine swinging by their hind feet with their life leaping from their gashed jugulars—an atmosphere charged with the groans and yells of the massacred—streets thronged with un-processioned funerals—everywhere corpses dangling from sale-hooks or sprawling on chopping blocks—men and women kneeling nightly by their pillow sides and congratulating themselves on their whiteness, and rising each morning and leaping on the bloody remains of some slaughtered creature—such are the spectacles in all our streets and stock yards and such are the enormities perpetrated day after day by Christian cannibals on the defenseless dumb ones of this world!"

"It is simply monstrous,—this horrible savagery and somnambulism in which we are groping. It is the climax of mundane infamy—the "paragon of the universe" (man) dozing on the pedestal of the imagination and contemplating himself as an inter-stellar pet and all other things as commodities "for his use and benefit." Let us arouse ourselves, those of us who can, to a realization of the holocaust we are perpetrating on our feathered and fur-covered friends. For remember the same sentiment of sympathy and fraternity that yesterday broke the black man's manacles and is to-day melting the white woman's chains will to-morrow emancipate the sorrel horse and the heifer, and as all the ages bloom and the great wheels of the centuries grind on, all the races of the earth shall become kind, and this age of ours, so bigoted and crude, shall be remembered in history as an age of insanity, somnambulism and blood."

To many, the foregoing may seem per-fervid and intense, but before these glowing thoughts are rejected let every statement be well considered.

The most important dietetic question is not what we *can* eat, but what we *should* eat, in order to attain the highest degree of health,—that is, to be *normal* once more.

The human flesh-eater is usually a devotee of the cup ; and many other passions are aroused in turn by *alcohol*. *No valid reasons have ever been advanced in favor of meat diet, but many valuable books have been written on vegetarianism furnishing countless proofs that meat diet is unnatural and harmful to man*, and their statements have never been refuted. Only a few hints on the subject have been thrown out here ; to go into detail would fill volumes.

Certainly no one, who for a moment can recommend meat diet, has ever given the subject any mature thought. Most drug physicians have a high opinion of raw beef, beef soup, chicken, and the like ; and to save their lives they could not adduce a single valid reason in support of this view. Just as they have adopted the use of herbs from the most ignorant people, so they always walk in the rut of general ignorance and prejudice, never appealing to higher reason.

Man, in common with all plants and animals, thrives best on his natural food ; this can be no other than that on which he developed during countless prehistoric ages. The unnatural food is the one on which he has grown sick and abnormal during historic times.

Allinson says : " It will be seen that I advocate in this work the disuse of flesh as food. I do so on purely scientific grounds. I do not believe in Vegetarianism as a religion or a fancy, but as a means of improving the physical health of man. I believe in it as a most undoubted good. I believe in the greatest physical happiness and health possible, to attain which I believe a non-flesh diet most essential. I believe that man's structure is adapted for a non-flesh diet, and that he is physiologically entitled to it." (12.)

" When we come to consider flesh as food, we find that as an article of diet it is very imperfect.* It consists chiefly of fat and nitrogen, and these not in the proportion of a food proper for man. Flesh contains very little lime salts for the bones. Thus when persons dine on white bread, meat, and peeled potatoes, with cornflour, and say apple rings, they make a most unsatisfactory meal. It is constipating, deficient in laxative and

* As to the definition of *Natural Food*. Many vegetarians hold, that vegetables alone, *i. e.*, the products from plants, constitute man's natural food, and that all products from animals, such as meat and milk are unnatural to him. The author indorses their views cordially ; he has lived according to these principles for a considerable time, also discarding condiments and table salt, and often taking his viands uncooked. As a result of this regimen, his health is more perfect than that of any one who has come under his observation.

saline matter, and must upset the system. Human beings have no right to eat flesh, and those who value their health will not do so."

We do not expect that the principles embodied herein will meet with *immediate* universal acceptance. People are not prepared to give up "the flesh-pots of Egypt" without a struggle,—nor will our drugging quacks permit it as long as they are able to prevent its adoption, because then people would enjoy better health, and the revenues of the drug people would be materially lessened.

Before going farther, the author objects to being classed as a vegetarian. Quite recently, the following clipping from a newspaper was sent to him by an anonymous person, presumably to call his attention to the perversity of *his* treatment:

DID VEGETARIANISM KILL HIM?

From the Chicago Daily Tribune.

"Charles H. Sorley, President of the Chicago Vegetarian Society and a lecturer and writer on the subject of vegetarianism, died at St. Luke's Hospital at 11 P. M., on Monday, of cancer of the liver and stomach. His son, J. A. Sorley, and his friends declare his death was indirectly due to lack of flesh food. Dr. T. J. Knudson, the attending physician at St. Luke's inclines to the same opinion."

Vegetarians as a rule simply renounce flesh, because they think it cruel and inhuman to take life; but they retain the use of milk, eggs, butter, vinegar, pepper, (fish,) salt, sugar and all condiments and perhaps alcohol. Upon the other hand, ours is a thoroughly hygienic diet, whilst the ordinary diet of vegetarians retains enough injurious substances to produce almost any form of disease. As to the foregoing clipping: "If the mere abstinence from meat were able to produce cancer, then, according to Dr. Knudson the 1,190,000,000 vegetarians on earth should all die of cancer; and of the 210,000,000 flesh-eating people none should be attacked by that dread sickness. But, in reality, the actual facts show that nearly the reverse is true. Dr. H. Maxwell, *c. g.*, announces as the result of fifty years' investigation and experience, that *cancer is chiefly caused by eating too much meat, and especially pork*. How does Dr. K. account for cancer in people who *refuse* meat and how in those who eat meat? Did he ever give even a passing thought to the study of vegetarianism? We doubt it very much; the truths of its principles are so simple and self-evident, that *he* must be of a very dull mind, indeed, who can study this subject without adopting its diet for himself. Upon what grounds does Dr.

K. found his opinion? We dare say, on none whatever, except his thoughtlessness. This well illustrates the superficial manner in which the drug profession is prone to deal with scientific subjects.

We repeat : *There exists a vast difference between the food as taken by ordinary vegetarians, and between that of people living according to hygienic principles.* To the latter we would apply the term "*Naturists*," meaning thereby, those who abstain from anything injurious, or, what is the same thing, feed only on man's natural food, in its original and unprepared condition.

A person may abstain from meat, and yet live as perversely in every other respect as would be possible ; *e. g.*, he may eat white bread, sugar and fats, in excess of nitrogenous food ; he may partake freely of spices and salt ; he may eat his food too hot or cold ; he may drink too much, or drink during meals ; he may take alcoholics, or coffee, or tea ; he may smoke, he may neglect exercise, fresh air and daylight ; he may be addicted to secret vices, etc, etc. Did Dr. K. inquire into these habits of Mr. S.? If not, he committed a great blunder ; he acted the part of a thoughtless school-boy. You see, *the mere abstaining from meat does not constitute a hygienic mode of life.* It would be absolutely unjust to say that abstinence from meat is unhealthy. You must not throw the child out with the bath.

SPICES.

CHAPTER 7.



WE have already shown that raw meat was repulsive to man. This being the case, the use of meat led to the adoption of table salt, and, later on to other condiments. But of what value are they? Spices are useless ; their ingredients are not found in the normal animal body ; and what is not calculated to build up the body has to be eliminated ; that process of elimination occasions a loss of vital power. The integrity of vital power is all-important ; it keeps us well, and prolongs our life to its utmost limit ; whereas impaired vitality causes loss of health and abridgment of life. (Fig. 30.)

The condiment most in use is *table salt*. It has been stated that mice fed with salt become blind with cataract. Such food as is necessary for our support is entirely decomposed in its progress through the body, and leaves it in a totally altered condition. This is not the case with salt; it issues from the body as salt, proving that salt is unnecessary, and that its taste is acquired and artificial; since the body must labor to eject it, it is to be looked upon as an actual destroyer of that vital power which might otherwise have stood us in good stead. Salt is secreted in tears, in the urine, and in the perspiration. The expectorations from the lungs are salty, as are all catarrhal effluvia, and their existence may partly be attributed to, and occasioned by the presence of salt in the system.

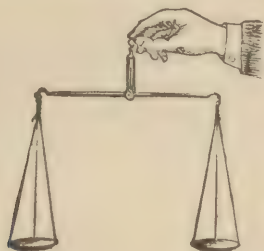


FIG. 30.—*Scales for Spices.*

During the Middle Ages spices were so scarce that they were worth their weight in gold. Then the masses of the people could not afford to poison their blood with all sorts of condiments, as they do to-day.

Thus we see that the body makes every effort to get rid of this unnecessary and harmful substance. Animals in their natural state do not use salt, sugar, or spices, other than what they find in their natural food. Some fish and birds live three hundred years without salt, and without pain. The flesh of fish and other creatures *which have developed in salt water*, from a tiny egg to a large organism, contains not a particle of salt. Races of wild beasts have been in existence for countless ages, having had no salt to eat, and yet, have always been well. Man needs it as little as they do, and would be much better off without it: meat diet alone induced him to use it. In this way men have been saturating their bodies ever since they began to eat flesh, and they have been in ill health for the same length of time.

To bathe in salt water, or to apply it externally as Seb. Kneipp recommends—using bandages dipped in it, or compresses with vinegar,—is

quite useless, as the epidermis of mankind is absolutely impervious to salt. We have discarded all such applications, using pure water with perfect satisfaction at its results.

Drug physicians say that man *needs fifteen or sixteen pounds of salt a year*, rashly concluding that since people use it, salt must be a necessary component of the healthy organism—a fair sample of the superficial manner in which our drugging friends argue.

The presence of salt in the system is the cause of many forms of disease. Scurvy is a direct result of the use of salt, and eczema is aggravated by the use of salt, spices, vinegar, alcohol, etc. The taste for salt is really a vice like the desire for alcohol. People who are partial to salt and consume a great deal of it are liable to contract consumption. Think how our bodies have been *saturated* with it for thousands of years. For this reason, people find their artificial dishes insipid without it. Their pickled bodies have a craving for it, just as the depraved taste of the habitual user of tobacco, opium, or alcohol, longs for these poisons. The presence of this craving by no means proves that they are harmless or useful articles. A really healthy body has no such desires. Because salt exhausts vitality its use is a *vice*, the same as any other practice which tends to destroy health and life.

If the milk, for an infant fed by the bottle, happens to be a little sweeter than usual, milk less sweet will be refused. The child's taste has been dulled by the more condensed sweetness, and hence the less sweet soon tastes insipid. To people who have saturated their bodies by using table salt all their lives, food without it tastes flat, as the tongue has lost its fine original sensitiveness, and has become dull, no longer appreciating the exquisite natural flavor of man's normal food. If once purged of it, if once accustomed to doing without salt, we soon lose the desire for it, as well as all other unnatural cravings. We find all the salt we need in the various fruits and vegetables.

Now, if a person's life hangs only upon a thread, so to speak, we must avoid everything that may involve a useless expenditure of vital power; we must economize it in every way possible, and the simplest way to do this is to refuse admittance to all materials not calculated to build up the body; and meat, alcohol, narcotics, spices, herbs and drugs, should be the first to be banished.

It is due to the use of meat, salt, vinegar, pepper, wine, medicated herbs, etc., that Seb. Kneipp is unable to cure the severest ailments, many of which he does not even mention by name in his books; or he

openly expresses his opinion as to their incurability. He was more successful with acute than with chronic cases, because the vitality of the patient in the former is yet considerable, and being stimulated still more by the hydro-therapeutic treatment, the patients are so greatly benefited by the water applications that the harm from Kneipp's perverse dietary becomes less conspicuous. But his lack of success with most chronic cases we attribute principally to his wrong directions as far as internal treatment is concerned. Regarding the forms of disease known as "Gravel," and "Stone," Kneipp says: "That strongly salted, spiced, and heating beverages and food maintain this evil, I have no doubt at all. Country people who live almost entirely on vegetables rarely have gravel or stone disease." And again: "As mischievous as alcohol, is the very free use of acids, found in various vinegars and in sweetmeats." This is another instance where Kneipp's practice has taught him that vegetarian diet is more wholesome than meat, and the usual condiments taken therewith. As a physician he condemns meat and spices; as a priest, he permits them; he is at variance with himself. Religion, *i. e.*, what is called by that name to-day, and scientific research should be kept strictly apart.

Spices coming from hot climates are particularly heating to the blood of people in moderate temperatures. Meat, salt, alcohol and condiments also stimulate sexual passions beyond the normal, nay, even beyond all bounds of control. But nothing is so destructive to vital power as excesses in venery. If sexual desires are unnaturally aroused among sheep, the farmer looks upon it as a sign of disease. But he is unaware that he himself excites this abnormal condition by feeding salt to his animals. Most spices are not only injurious in many ways, in themselves, but they are also largely adulterated, and thus rendered doubly poisonous. Vinegar is often mixed with sulphuric and other mineral acids.

Spices also make us drink beyond the wants of our system. But as the liquids have to be eliminated again, our vital power thereby sustains considerable damage.

At best all spices are superfluous; they create an artificial appetite. The best appetite is begotten of a good digestion, and this in turn is the result of the normal condition of all our organs, preserved normally by proper living.

In nature, *Sugar* is found in a diluted condition in many plants. Taken in this way, sugar is a fuel-food; it aids in supporting animal heat; but if we boil down the sap of the plants until it crystallizes, and then eat it in the form of candies or cakes, or add it to our dishes, it is

no longer a wholesome article, but becomes a condiment, retarding the digestive process, and injuring our health. Cakes and pies are usually composed of flour, or starch, sugar and fat. If you heat these articles, they turn black because they contain coal. All three are fuel foods. By eating sweets and cakes, we introduce into the system hydrocarbons, far



FIG. 31 —KARMA. The fond parents and friends feed the children with candy, and the children, later on, have to go through many diseases, to get rid of it again. On the cut, the girl puts the poison in, above; below, it comes out as pimples and ulcers. Primarily, parents are indulgent in many ways; later, their children suffer for it during life. Thus every excess is pleasant and agreeable for a time, but the bitterness is sure to come. The punishment is in direct proportion to the excesses indulged in. Renouncing doubtful pleasures may be difficult, but the self-denial is followed by sweet rewards. Clever people reserve the best for the last.

in excess of albumens. The body then has to expel the surplus amount of hydrocarbons, which cannot give strength. Another portion is consumed in the lungs together with the normal amount, producing a chronic feverish condition and waste of vitality. A third portion is deposited as a sort of fat, forming fatty cushions of unhealthy matter. This matter, consisting of half-assimilated material, is just the proper food for microbes, and hence if a person so encumbered exposes himself to any infection, as measles, smallpox, or cholera, he will contract it at once, and thereby endanger his life. A person free from these deposits enjoys immunity from contagion. Candy is particularly harmful to children, making them feverish while it does not build up the body. (FIG. 31.)

Fruits and other articles of food are frequently preserved in vinegar, salt, sugar, or in alcohol. How is this preservation brought about? By killing the microbes which are everywhere present, and which cause the decomposition of food. *But if these articles have the power to suppress fermentation in the jar, they can do the same when taken into the stomach. In other words, those substances kill microbes, and make the food indigestible.*

Any one can easily make the following experiments. Mash an apple, and mix it with some flour, yeast and water. Put some of this compound into several flasks: then, passing by the first, add some alcohol to the second, following it with strong coffee; put some strong tea in the third, some pepper in the fourth, a good deal of sugar in the next, and to the following add a large amount of salt. Thus continue with other ingredients whose qualities you wish to test as to their harmfulness to the human system. Now place the flasks in a moderately warm temperature, where each receives the same amount of heat, and await developments. The contents of the first glass will commence to ferment after a few hours; others may follow later on, while others will show no fermentation at all. What is the meaning of these experiments? Our system requires such substances as we put into the first flask. The stomach being rather warm, the contents are thrown into fermentation. Our digestion is largely a process of fermentation, and this process is absolutely necessary. The quicker fermentation takes place, and the more rapid its progress, the less labor is entailed upon our system, and the more good do we derive from the food. By taking the other substances, alcohol, coffee, sugar, etc., with our food, the result is the same as in the other flasks, namely, fermentation is either retarded or entirely prevented. If retarded, our system has to work longer, and thus sustains a loss of vital power. If fermentation is entirely suppressed, our system will never digest the food eaten, hence we can derive no benefit from it, but must

waste its energies in throwing such material off, and it remains a burden and poison until finally disposed of. In this way, you may also test decoctions of medical herbs or other drugs. You will always find them inimical to life. Thus we find that alcohol, salt, sugar, vinegar, coffee, tea, and all other condiments, together with herbs and drugs, retard or prevent fermentation, more or less, according to their nature and degree of concentration, and consequently they are injurious to health. (FIG. 32.)



FIG. 32.—*Testing our Food, Beverages and Drugs for their harmfulness or wholesomeness.*

- I. Fill two vessels with any substance that easily ferments—such as apple-juice; and then stir into one of the glasses the substance to be tested. If the fermentation in this vessel is prevented or retarded, the tested article will interfere with the fermentative process of digestion and prove harmful.
- II. Fill two vessels with a solution of the white of an egg; then add to one the article to be tried. If the albumen becomes cloudy, the substance has coagulated it, and thus proves that it would also coagulate the albumen of our blood and tissues. But as no chicken can be hatched from a boiled egg because its albumen is killed or coagulated, so any substance which will cause coagulation of the white of an egg, will injure our health.

Thus we find that salt, sugar, vinegar, and alcohol, which are used for pickling, owe this property to their power to kill life. All condiments, alcohol in every degree of dilution, drugs, decoctions of medical herbs, etc., also do the same.

A person who weighs 160 pounds, taking three-quarters of an ounce of salt daily will have taken an amount equal to five times his own weight, in fifty years. What immense waste of vital force does this involve! Yet the drug people recommend it. The body must only work to eliminate these useless condiments, and this peculiar activity of the body is felt as *stimulation*. Every act of stimulation is followed by a period of depression, because the body, no longer under the lash, like a tired horse, must again relapse to its old gait, more weary and exhausted than before.

Regarding sugar we read : " Its use, especially to those who live indoors, leads to want of energy, heartburn, pimples, blotches, boils, and headaches." It also helps on eczema, boils, carbuncles, tumors, stoutness, etc. Nicholson writes : " When an Eskimo was given a piece of sugar, a look of disgust came over his face, and he spat it out and expressed his wonder that any one could eat such trash. It has only become an article of every day use within the last sixty or seventy years. Millions of people have lived, loved, married, and died without ever having tasted manufactured sugar. Kings, noblemen, and philosophers by the thousand have lived without knowing its taste, and millions of children have been reared without it. The ancient Roman and Greek worthies scarcely knew of its existence ; their synonym for sweetness was honey. Only we who live in the age of manufactures and so-called advanced civilization know what it is to eat artificially prepared sugar, and to suffer from its use." Babies fed with sweetened milk suffer from wind, griping and purging. The use of sugar may be followed by skin eruptions, black heads, pimples, enlarged glands and abscesses, and renders all its consumers fretful, irritable, nervous, and listless. Bed-wetting is a frequent result of it. It leads to over-eating, sets up thirst, produces flatulence, acidity, obscures the intellect, results in apathy and produces restless sleep. The respective conditions of both the stout and the lean are aggravated by its use.

The cattle, sheep, goats, and horses in the wild state live on grass the whole year round; grass is their food. The lion and tiger eat meat day after day, all their lives ; they eat it quivering, warm, bloody, uncooked, unseasoned ; raw meat is *their* natural food. A food is something which contains all the materials for the sustenance of those creatures that feed on it. No animal feeds on salt or pepper ; no being can subsist on them exclusively; neither is a food ; but what is not food, is poison. What is a poison? 1. Any article which when taken into the system, causes discomfort, pain, or death. 2. Any articles, such as saw-dust, sand etc., containing no nourishment. The system derives no benefit from them, but has to exhaust its energies in removing them. 3. Any article decomposing the body, *e. g.*, such as spices, salt, medicines, narcotics, etc.

Having proved that with alcohol, and narcotics, spices, etc., the more one takes, the stronger does the craving for them grow, and that wrong diet encumbers the body, causes sickness and prevents our normal desires and appetites, we have dismissed all alcohol, spices, salt, narcotics etc., from our dietary for years, both for ourselves and our patients, with the most happy results; in fact, we attribute our remarkable success largely to observing these directions.

OVER-EATING.

CHAPTER 8.



N unpoplar but vital truth is that more people die of surfeiting than of starving. Men are usually induced to eat excessively by the use of condiments, sugar, and a variety of dishes, and thereby the table becomes a snare instead of a blessing. Many eat enormous quantities of rich food until their stomachs cannot contain more, and their livers refuse to operate. Over-feeding is especially harmful to people of sedentary habits. Dr. Hall says: "No created animal can eat and drink, without discomfort, half the articles consumed by man. I know very well that men die before their days are half numbered, in consequence of errors in eating and drinking. It is the *quantity* which prematurely kills millions." Buffaloes and wild horses feed on nothing but grass the whole year round. They have no *variety*. Their food does not tempt them to overload their stomachs. It is otherwise with man; he prides himself upon having as great a variety as possible at one meal, and the cook has to make it her study to produce one dish more palatable and tempting than the others. But this has very serious consequences. Every action of our organs involves a loss of vitality.

Now, if we *eat too much*, the body has to overexert its energies to dispose of the surplus. If this exertion is required for some time, that portion of vitality which is the proper share of that particularly organ, becomes exhausted.

For each tone and each color we have distinct nerve fibres. Exercising our nerves causes pleasure, up to a certain degree; then rest must follow, or pain will commence. Hence the ear enjoys a variety of sounds, the eye of colors, and the tongue of flavors. In partaking of any one dish, we arrive at a point when the stomach has received enough; then we ought to stop eating. But by presenting food of a different taste, new nerve

fibres are aroused, more food is taken, the stomach is loaded beyond its capacity, and in that way digestion is impaired, and the foundation is laid for many forms of disease. The wise will restrict the number of dishes and the wisest will take but one kind of food at a time. This rule should be most scrupulously observed by patients in a low state.

Children are frequently afflicted with rupture because their intestines are distended as a consequence of over-feeding.

Every obese person would do well to reduce his diet, for we are over-fed rather than under-fed. Our appetites should be regulated solely by the wants of our systems, felt in consequence of good digestion and of the perfect action of all our organs.

A wrong *quality* of food is not less destructive to health than too large a quantity. Approximately, we take into our system 5-6 pounds of solid, liquid and gaseous matter per day—per year nearly 1 ton, that is 13 times our own weight; now it stands to reason if this matter is unwholesome, our health must be materially injured. Our intestines have a certain width; and in them their contents are pushed ahead by a peculiar motion of the bowels. In order to do this work effectively the bowels must be distended to a certain extent. Now, to fill our intestines with rich and artificially concentrated viands, as they are usually served, leads to innumeral ailments. We must take bulk as well as quality. For the same reason, bran or straw is mixed with the oats for horses; the latter alone would be by far too rich. If the food be too substantial, it produces gout, and if it is too rich, the body receives more material than it requires. This surplus is of no possible advantage, and our vital power is uselessly expended in getting rid of it. The various depurating organs finally relax, and dyspepsia, liver complaints and skin eruptions follow.

Another error arises from the fact that the usual milling process removes the strength-giving gluten, and the cooking-process coagulates the albumen contained in all food. These two processes render it difficult for assimilation and thus we are deprived of our normal quantity of available albumen. We receive hydrocarbons (which remain unaltered by the cooking), far in excess of building-food. This defect chiefly subjects us to contagion and fevers, and the tissues being under-fed, degenerate, and tear easily, giving rise to hernia, falling of the womb, floating kidneys, apoplexy, etc.

By the *milling* process, the flour is deprived of two articles, very essential to our well-being. The white flour of ordinary baker's bread is lacking in lime and gluten, which are removed with the bran. But every farmer knows that this very substance, which man refuses, possesses ex-

cellent building material for his swine and cattle. If our food is lacking in lime, our teeth and bones cannot properly develop, but become brittle and decay. The gluten, being equivalent to albumen, is the very thing which would give us the greatest amount of strength; but we, like regular profligates, throw it away to the pigs.

Even the husks, which are not digested, are of great importance in the economy of digestion. Our intestines have a certain width, and as they consist of muscular fibres, which propel the food through them by alternately contracting and expanding, these cannot act properly, unless the intestines are sufficiently dilated. To fill them only with the richest diet, brings harm to man, as it does to the animal. The owner of every horse knows that feeding him on oats alone would kill him. Fodder and straw must be mixed with the oats to make up the bulk. For the same reason, bran is excellent for man. But the virtues of this despised article do not end here. We hold that bran produces a mechanical friction or irritation of the intestines, in the same way as friction is created in massage treatment, thereby inducing a good supply of blood to those organs. And it is the blood from which the digestive juices are secreted, thereby leading to easy evacuations.

Another evil result from eating improper food, is the decay of the teeth. A diet of white bread will cause decay of teeth and brittleness of bones. Such conditions are positive signs of the use of improper food. Without *teeth* there can be no proper mastication; without mastication, no good digestion, and no good health. Thus we see that good teeth are absolutely indispensable. Apendicitis may often result from imperfect teeth. Teeth corrode when improperly nourished, *i. e.*, when our food is lacking in nitrogen, lime and certain vegetable salts. We are deprived of these articles by the milling and cooking process. The outside of our teeth consists of a substance called enamel. As long as this is intact the soft bone beneath is well protected; but when the enamel is once cracked or injured, as is principally done by changing from a steaming-hot dish to a cold one, or the reverse, which occurs at every table where iced water and fruit-ices are served, then remnants of food will insinuate themselves into the crevices, leading to the certain decay of the tooth. Like wild beasts we ought to retain our full set of teeth, in perfect condition, to the end of life. If we neglect exercising our muscles they grow weak and waste away. The same is true of every organ of the body, including the teeth. By reason of the accepted cooking process, furnishing us with soft and slippery food which scarcely requires the use of teeth, these important organs are not properly exercised, and consequently they decay from

within through sheer non-use. Hence this generalization : Non-use, ill-use (rapid change from heat to cold), and ill-feeding, destroy people's teeth, undermine their health, and provide a substantial living for an army of dentists.

It not infrequently happens that the nerve of a tooth becomes exposed. Now, our nerves consist of certain ingredients which are *identical* with our natural food. This being the case, if particles of such food are brought in contact with the nerve, no pain is experienced. But if a grain of salt, or pepper, or sugar, or a drop of vinegar touches it, severe pain results. This is a simple test of what is harmful.

The principle reason why the present generation have such poor teeth and why thousands of dentists make a good living from treating a part of our body which should not yield a penny's worth of income to anyone—is to be found in the improper selection of food. Many people are still so little enlightened, that they believe the whiter the bread looks the more wholesome it is. On the contrary, every grain of wheat or rye consists of three different parts : the external husk, the yellow gluten, which adheres closely to the shell, and the white internal flour, or starch. Now, the baker's white bread is made up only of the starch; the husk and the gluten being removed by the milling process. But how nourishing this gluten is becomes apparent when we remember that pigs and other animals are fattened upon it. It is the gluten especially which nourishes the muscles. Some medical men recommend bread made of gluten only. We hold, however, that the bran plays a very essential part in our digestion and cannot with impunity be dispensed with. Bread, containing bran, acts like a physic on the liver, and is the only natural purgative; therefore such food will never produce a torpid liver as mercury does in the form of calomel. Medical people, by recommending gluten bread, merely follow their usual routine of misdirecting people toward ill-health. The entire wheat bread furthermore contains earthy matter which is indispensable in the formation of teeth and bones. If children were fed on genuine whole-wheat bread, their teeth would keep sound much longer, and cases of scrofula could hardly exist.

Regarding bread, Seb. Kneipp says : " By giving your children white bread or dishes prepared with refined flour, you provide them with poor nourishment ; and if you give them hot spices and sour food, their blood will become heated and cause indigestion. The consequences will be, that children will lose all vitality and fall into a state of lingering sickness." (Fig. 33.)

Another great evil arises from the *cooking of food*. We know that cooking the white of an egg makes it very difficult to digest. This difficulty is about in the ratio of the amount of cooking it receives. All food such as meat, bread, vegetables, fruits, milk, etc., contains a substance similar to the white of an egg, and called after it, albumen. It is this albumen alone which builds up our bodies and gives us strength. By the cooking process it is made indigestible, or nearly so.



FIG. 33.—*Bones.*

Teeth, hair and all other parts of the body are built up from the blood. But the blood cannot supply the necessary ingredients without the proper food. The bones require certain mineral substances found in the bran of grain. By removing the bran from the bread, we deprive ourselves of material very essential to our well-being. The whiter the bread, the worse our health. Poor teeth, scrofula, rupture of blood-vessels in apoplexy, various prolapses, etc., are the result of perverse diet in this particular.

All food taken by man or beast contains both hydrocarbons and albuminous matter. The former are little influenced by cooking, but the albumen of the latter is coagulated. As meat, beans, and most other articles are cooked for several hours, the albumen in them is brought into the condition of the white of an egg, after such a boiling for several hours. It is almost impossible for our bodies to draw any albuminous matter from food thus treated, and, since the albumen alone replenishes the wear and tear of our body, in order to get the necessary strength, there is nothing left for us to do but to eat several times the amount of food which would be necessary, if it were taken raw.

In order to get the full benefit of our food and economize our vital power, we should eat it uncooked. In consequence of eating cooked food, people suffer from high abdomens, lack of energy, little endurance, etc.

Carrots, grated and mixed with whole wheat meal make an excellent repast, which no other dish can equal or excel. As people have to eat three or four times as much of cooked food as of raw, this involves an immense waste of earnings; and yet, instead of deriving strength from this over-consumption, they are only made sick by it. It involves a double burden, first upon our vitality, in carrying about and eliminating a useless load; and second, upon our purse in paying for useless food and medication. If we were to eat all our food in its natural condition, a large portion of our population would not be called upon to waste their lives before the cooking stove. Such food would keep money in our pockets, and the drug-administering doctor from our doors. Cooking utensils, frequently glazed with lead compounds, are often responsible for cases of poisoning, paralysis, shaking palsy, etc. People had to eat everything raw before they had fire. We do not recollect that ever a medical man expressed his doubt as to the harm accruing from the cooking process. **Anything natural is beyond his horizon.**

Butter is bad for the liver. Mealy potatoes are good, but too many produce scrofula. On an average, we hold *that what is good for the weakest, is also good for the strongest*. What will injure an invalid will also do harm to a giant; though in the latter case the harm is not so quickly apparent.

Peoples health is in the hands of those who cook. Can we then wonder, that it is being undermined, since there is so great ignorance of hygiene? *Moreover, our medical poisoners share this total ignorance as to the requirements of the body, and eat what their cooks think fit to place before them.*

No one can live unnaturally and healthfully at the same time. If one cannot do without coffee or tea, let him have it; but then he should not complain when he has to suffer from their effects. And so it is universally. Either the palate rules, and suffering follows, or the intellect and will govern, and perfect health is the result.

Our bodies require hydrocarbons and albuminoids in definite proportions, in order to support the animal heat, and build up the body and keep it in strength. Graham bread combines these necessary substances. Our natural food in its raw condition will furnish us with all we need. But *the artificial preparations of civilization have no regard for the body's needs.*

The excess in hydrocarbons cannot be assimilated nor yet eliminated, and so is deposited in the body. *The latent deposits inducing disease are mainly made up in this way. These half-digested substances are easily thrown into fermentation, and thus fever is caused.* Every fever

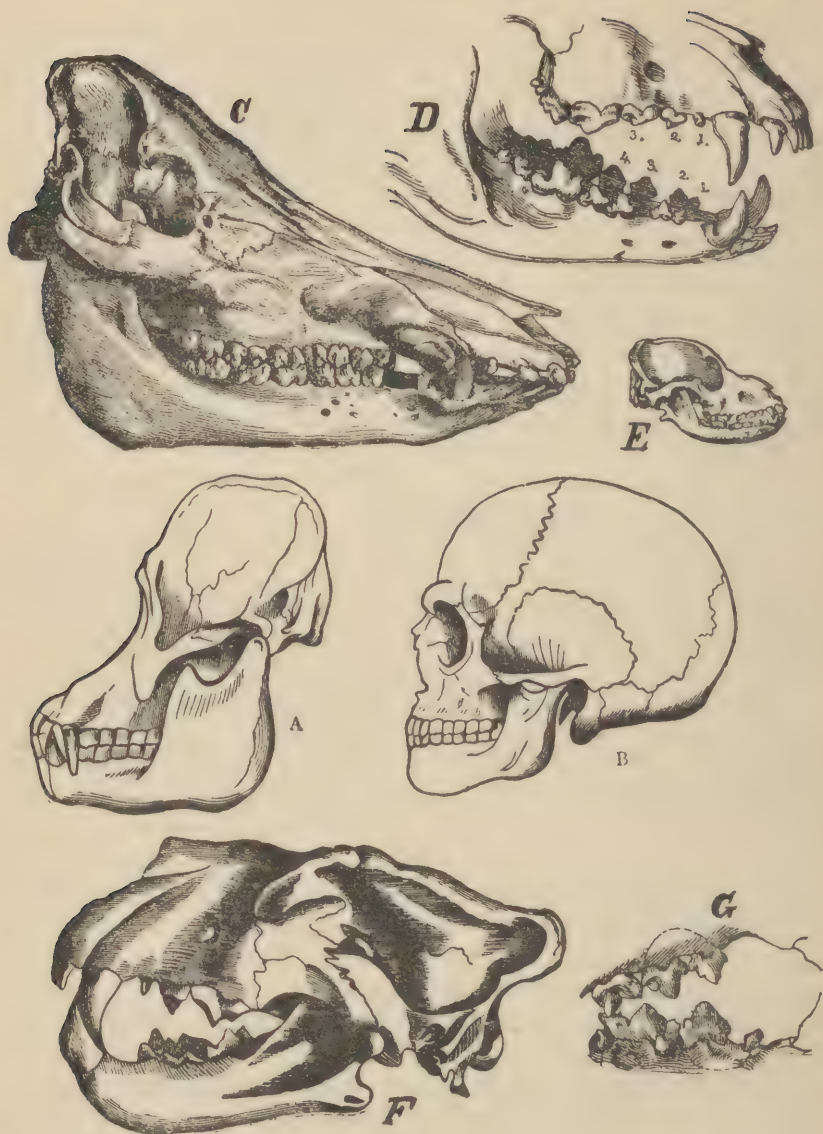


FIG 34.—Teeth Compared.

D. Skull of Wolf ; E. Skull of Dog.

Above: 6 incisors, 2 eye-teeth, 10 molars = 18.

Below: 6 incisors, 2 eye-teeth, 12 molars = 20.

Bear :

Above: 6 incisors, 2 eye-teeth, 12 molars = 20,

Below: 6 incisors, 2 eye-teeth, 14 molars = 22.

(Continued on page 119.)

originates in this way. *By an intelligent management of our food-measures, scarlet fever, whooping cough, diphtheria, etc., could all be avoided.*

Much has been written by the drug schools as to the frequency of meals, but as they never make any successful attempt at studying nature, their opinions do not count for much. Some advise three meals a day, while others insist that two are enough, thereby allowing the stomach a greater period of rest. Our opinion is that our stomachs, under normal conditions, need scarcely any rest. A swallow catches insects incessantly from morning until night; a chicken picks grain from dawn to nightfall, without any regard to the opinion of medical men, but they have to exert themselves physically for every grain and by the time they find the second the first is almost digested. Their stomachs require no long periods of rest. We know from experience that if a person eats his normal food in its natural condition, a little at a time, the food is rapidly and easily digested, and he can eat every ten or fifteen minutes without injury, and each morsel is keenly relished. Hence we consider only one rule valid, *"Eat when hungry."*

We rarely see a cow unless she is ruminating. Animals know no meal-times; hunger is their only dinner-bell.

The fact that cooked food, having its albumen coagulated, requires more time for digestion,—and therefore remains in the stomach, five hours or more probably—suggested to the drug advocates that a person should eat about three times a day, at intervals of five or six hours, to allow the stomach time to rest.

This argument of the drug professors of healing (?) is, as usual, based upon the perverse conditions of life as they find them; rather than on the normal, natural state of man. (Fig. 34.)

(Continued Fig. 34.)

F. Skull of Lion; G. Teeth of Domestic Cat, viewed from the inside.

Above: 6 incisors, 2 eye-teeth, 8 molars = 16.

Below: 6 incisors, 2 eye-teeth, 6 molars = 14.

C. Skull of Hog, (omnivorous.)

Above: 6 incisors, 2 eye-teeth, 14 molars = 22.

Below: 6 incisors, 2 eye-teeth, 14 molars = 22.

A. Skull of Orang-Outang; B. Skull of European, both have

Above: 4 incisors, 2 eye-teeth, 10 molars = 16.

Below: 4 incisors, 2 eye-teeth, 10 molars = 16.

In comparison we find that,

(1.) All flesh-eaters and the omnivorous pig have 6 incisors in each jaw; man and Orang-Outang have but 4.

(2.) All flesh-eaters and the hog have spaces between the different kinds of teeth; with man and the Orang-Outang the teeth form one uninterrupted row.

(3.) Most flesh-eaters and also the Hog have more teeth than Man.

Man's teeth are the same as those of the Orang, only with the latter the eye-teeth of the male are longer for purposes of defense.

In view of these facts, it should be apparent to the merest tyro, that man cannot class with the flesh-eaters or omnivores; he can only belong to the fruit-eaters like the Orang-Outang.

It requires the dullness of mind of a drug prescriber to reason otherwise.

Most people are in the habit of *drinking with their meals*, and this occasions serious trouble in their digestive organs: for the simple reason that liquids remain in the stomach about half an hour, while solids stay for several hours. In eating, the various parts of the mouth work quite automatically; first the liquids are squeezed out and swallowed and then the solids are masticated. The stomach operates on the same plan. Now if solids and liquids are introduced together, the liquids are first removed; but they carry away with them the saliva and stomach juices. As digestion largely depends upon the action of these juices on the food, digestion cannot be properly carried on; the food remains in the stomach longer than it should; a foul decay arises and dyspepsia results. There is scarcely a form of sickness that may not originate in this way.

This brings us to the important part which the *saliva* plays in the process of digestion. It is secreted from the salivary glands, lying under the jaws. These glands are not bags filled with saliva; but saliva is secreted, manufactured, as it were, *during* the process of mastication. Hence, all slippery food, which is not thoroughly masticated, and passes the mouth in a moment, without allowing time for a thorough insalivation, arrives in the stomach quite unfit for the succeeding steps of digestion and assimilation. To derive the full nourishment and greatest advantage from food, we should eat Dry Food, that is, such articles as require a thorough breaking up by the teeth before being swallowed. We cordially endorse Dr. Hall, when he says: "A sixpenny sandwich, eaten *leisurely* in the cars, is better for you than a dollar dinner, bolted at a station." Americans are the most dyspeptic people on earth; they swallow a hot, sloppy lunch in ten minutes, and then rush back to business. A great deal of our food consists of starchy substances, which cannot be digested as such, but must be changed into a kind of sugar. This highly important office is performed by the saliva, hence such food when not insalivated is an actual waste of money, besides involving a loss of health. Soups, mainly consisting of water, have the same injurious effect on digestion as drinking with meals. For this reason, we object to soups. Imagine yourself eating a plateful of it. How do you do it? You take a spoonful, and down it goes. There is no thought of retaining it in your mouth till it is insalivated, but spoonful after spoonful is poured down, till the plate is empty. For this reason, we look upon *soup as the poorest form of nourishment*. If Seb. Kneipp and the drug people think so highly of soups and sloppy food, they can hardly have given this subject due consideration. Their



FIG. 35.—How people eat.—*a.* swallows his food without mastication or insalivation. *b.* empties the castors into his food. *c.* reads. *d.* eats boiling hot. *e.* drinks with his meals. *f.* takes a smoke after it. Each such act is as harmful a transgression as can be devised.

doing so suggests a reason why they cannot cure dyspepsia and resort to the stomach-pump and rectal feeding, though under our treatment this trouble is readily overcome. (FIG. 35.)

The following is quoted from an article which recently appeared in the *New York Herald*, entitled **LIVE ON NOTHING**.

“What do you think of living on less than half a dollar a week, and living well? The universal answer will be that this is an impossibility. An evangelist known as Miles Grant recently brought ridicule upon himself by stating that he could live on eighty-seven and a half cents a week. A Mr. Frank is a fine looking old gentleman, with thoughtful eyes, a lofty forehead, flowing gray hair and luxuriant patriarchal beard. He has a kindly face and a substantial figure, and is nearly seventy-four years old. He says: ‘In regard to my diet, I will say that my food consists, in the main, of grains, fruits and nuts. I eat a few vegetables, such as potatoes, beets, cabbages, turnips, parsnips, etc. The cost of vegetables is about three times as much as the grains. I consider the grains preferable. I eat fruit largely. Nuts I grind and use the meal as a substitute for butter. Corn by the bushel is worth twenty-six cents, or half a cent a pound. Wheat is worth a third of a cent a pound, and rye two-thirds of a cent. A quarter of a pound of any one of these grains is sufficient nutriment for the average individual for one meal. A little fruit is usually eaten with it. I generally eat apples at this time of the year. A meal of apples and corn prepared in different ways costs three-eighths of a cent. A meal of unleavened graham bread and ground peanuts costs one cent. When I eat two ounces of corn and the same amount of graham flour the cost of the meal is three-quarters of a cent. I first grind the corn and then make johnny cake, using nothing but water and meal, or else make a porridge. The sweet corn I parch in a corn popper, and then grind or eat dry with apples or other fruit. The vegetarian diet is very convenient for one who is traveling and wishes to be saving of expense. I have made ten trips to San Francisco, and as many as twelve to Florida. On my last trip I was three days on the road and had eight meals on the way. They cost me in all six cents. My food was one pound of rolled oats and a pound and a half of graham flour, made into unleavened gems. In traveling, twelve or fifteen years ago, food to last me from Buffalo to San Francisco usually cost me a dollar. Now, with my present way of living, ten to twenty cents would be sufficient for my rations, if I prepared them before I left home.’” (FIG. 36.)



FIG. 36. *An appetizing sight.*

The food, we advocate ; it is tempting, and has nothing of the repulsive in it. No cooking and no condiments required. This shows them to be our natural food. A person who does not care for them, has a perverted taste ; he is sick.

The author usually lives on grains, fruits, nuts and vegetables, at an expense of from 25 to 50c. per week. Fruits, nuts and vegetables he eats raw. He grinds the grains, grates some turnips into them, and eats the mixture raw, in preference to making bread, as the baking process destroys part of the nutriment. He grinds the nuts with his teeth. He enjoys excellent health, and ascribes many of his great cures to the frugal diet prescribed for his patients, although he is not by far so strict with them as with himself, making some allowance for their old habits. The whole cost of living can be brought down to so low a figure that almost anyone may easily compass it, and at the same time gain good health. In all times, the rich who need not care for the expense, never consider the question of digestibility. The wealthy Romans prepared dishes for many guests from the horny and unpalatable tongues of peacocks. Their sole incentive was, the immense cost of such a dish. Our present epicures, alike inattentive to the wants of their systems, first squander their money and health on such indigestible stuff as lobsters, and then pay the drug doctor in the mistaken idea that he is the dictator of Nature and can overcome the sure consequences of an irrational mode of feeding.

In walking along a crowded thoroughfare, we need scarcely wonder that we meet so few people with healthy complexion, considering that the vast majority, the drug doctors at the head, hardly know what, how, and when to eat. Meals seem to be prepared for the express purpose of undermining people's health.

Anyone who deviates from the natural mode of living ought to understand that he does so at his own risk, and that he is shortening his life in direct proportion as he neglects to obey nature. If occasionally we see some people reach an age of eighty or more *in open violation of all physiological laws, this is no proof that they might not have reached twice that age had they lived abstemiously.* To act rationally, it behooves us to be careful what we eat and drink, so as neither impoverish the blood, nor to weaken the system. If you would eat all foods as nearly as possible as nature provides them, avoiding all artificial preparations, you would always, barring accidents, feel well, happy, and energetic, and spin out your days to a green old age.

BEVERAGES.

CHAPTER 9.



S the steam engine requires water to enable it to transform the heat of the fuel into power; just so our body requires *water*. *People who live mainly on fruit and vegetables* get a large supply of water in their food; so much indeed that they *will experience little or no thirst*. The liquid thus obtained is the purest that can be procured; whereas the ordinary water available for drinking purposes, contains more or less impurities, consisting of organic and inorganic matter. The former we esteem of comparatively little harm, if a person's system is otherwise vigorous. But the mineral admixtures are always injurious, as the human system is not so constructed as to digest minerals. *Wild beasts, unless compelled, do not drink from springs that come from rocks*, because of the minerals this water contains. They prefer to go to places further down, where the water has had a chance to get rid of much of its inorganic matter.

Our drugging people, instead of taking this hint from animals, do just the reverse, and send their patients to mineral springs, such as Karlsbad and others, for the express purpose of drinking large quantities of the water which is surcharged with this injurious matter. (FIG. 37.) What has given rise to this absurd practice? Centuries since, some sick people, being desperate enough to resort to anything, tried the spring and received a temporary relief. They heralded to the world their supposed discovery and the drug fraternity have not yet been able to shake off this incubus of superstition—time-honored and dusty—and so they go on prescribing mineral waters for every ill. Quite as might be expected! Mineral substances can be assimilated by the body only after they have been elaborated and organized—digested, as it were—by the plants. Taken in water, they only overcharge the body with foreign deposits.

If we have taken food which is too stimulating, such as meat, salt, spices, sugar etc., excessive thirst is liable to ensue, which leads to over-indulgence in various fluids.

Too much liquid overtaxes the kidneys, skin and bladder. To each organ a given amount of vital power is allotted, for a given period. Consequently, if we force more work upon it than is proper, the extra strain



FIG. 37.—*A load of poison.* Our drug peddlers recommend it, and also send patients to Karlsbad and other springs. These waters contain earthy matter, indigestible, and leading to obstructions. Mineral Waters may cause a shifting of the disease, and consequently a temporary seeming amelioration, but in reality patients grow speedily worse under their use. They were first tried by ignorant people, as were herbs. The drug people adopted these agents, and are still using them, showing that medical pseudo-science has made no progress for hundreds of years, and that our drug poisoners are as ignorant to-day as the peasants were during the dark middle ages. It is the owners of springs and dealers in such waters who keep up the hue and cry about their beneficial action; and they are promulgated by many of the drug fraternity, as there are always plenty of them ready to countenance any swindle, as long as it pays them. They thus sell their official title; no one thinks how the public fares under such a proceeding.

lessens its vitality. Now, beer, wine, tea, coffee, etc., consist mainly of water, to which some poisonous ingredient or decoction has been added. Some people seem to think that plain water is beneath their notice, but in what way are they better off when they drink great quantities of these beverages? Some men take thirty or more glasses of beer a day. They drink all day long. It looks as if each one were vying with the other to

drink the most. They do not do it because they are thirsty, but for "fellowship's" sake, because it is the fashion, to show that they are able to pay for so many glasses of beer or bottles of wine; the question of *health* does not occur to them. These beverages *increase* rather than quench thirst—indeed they are intended to do so for reasons known to the dealer.

Now, this course they would not be likely to pursue with plain water. Necessarily, an exhausted condition of the depurating organs for the fluids—*i. e.*, of the kidneys, skin and lungs—follows; they being unable to secrete the inundation, the surplus remains, leading to many of the most desperate forms of disease, such as Bright's disease, etc., with dropsy to close the scene.

Liquid food is usually taken as coffee, tea, beer, wine, liquors, etc. We are now so much in the habit of using these beverages, that a person who contents himself with plain water alone to quench his thirst, almost runs the risk of being shut up in a lunatic asylum.

Even mild stimulants such as tea and coffee are injurious. *Tea* possesses an active principle called *theine*. It contains tannin, which, if the tea is strong, coagulates the albumen of the food—actually *tans* it—and thus delays digestion. From considerable observation, people have come to view tea as the most efficacious cure for that terrible suffering called sick headache. People say, "why, doctor, when I have a headache, nothing gives me so much relief as a good *strong* cup of tea." Now, this is the very best evidence that it injures them. It is only the temporary relief, afforded by a more powerful re-stimulation; while the next paroxysm must come so much the sooner and in greater severity as a result of the renewed attack upon the nervous forces. In fact, though not so disreputable in sound, it is only the old cry of the inebriate in his cravings, "give me my drinks, they are all that relieve me." There are also reasons that seem to indicate that a number of the cases of paralysis, delirium, and insanity are due to the free use of this drug.

Coffee, too, is a stimulant, and does not nourish in the least. It brings on *nervousness*, *poverty of blood*, nose bleed, *affections of the heart*, etc. *It destroys sleep*, and is a poison which causes movement of the bowels. Consequently, the after-dinner cup of coffee, like the after-dinner cigar, relieves the pressure caused by over-eating, by emptying the stomach of part of its contents. The undigested food is thrown into the intestines, which are not ready to receive it. *And it is often physicians who recommend this course!* A free coffee drinker almost invariably complains of *biliousness*, and has a cadaverous appearance; but he fails to attribute it to the right cause. After the acquisition of unnatural tastes and

habits, people come to regard them as necessities, whereas *only* plain water is a necessity.

To imbibe large quantities, even of plain water, is of no benefit whatever. In this respect Priessnitz's methods of treatment consisting of making his patients swallow large quantities of water, must be regarded a grave blunder. All liquids should be taken for the sole purpose and to the extent of allaying thirst. They should be taken slowly, in sips, so as to insure a certain amount of insalivation for them.

Water, distilled either artificially or by natural processes, as we find it in fruit and vegetables, is really the only sort of liquid which we ought to take into our systems.

Some spirit-bibbers have a horror of the word "ALCOHOL." They forget that it is this fluid which constitutes the main difference between beer, wine and liquors, on the one hand, and colored water on the other. Drinkers would not care for their favorite potations if deprived of the alcohol.

Some of the highest medical and chemical authorities now indorse the conclusion that alcohol is not a food, but a poison. It does not in the slightest degree nourish the body, or even prevent the waste of tissue. On the contrary, it arrests digestion, destroys appetite, lessens muscular force and vital power, and excites the lower passions. It predisposes the drinker to all sorts of diseases and the most fatal ones originate from its use. Far from assisting, it really retards recovery from sickness. Gout frequently attacks people of luxurious habits who indulge in alcohol and rich food. (Fig. 38.)

Apoplexy, fatty degeneration, etc., all follow in the wake of alcohol. If *any* use of it were good, even excessive use could not be attended with such dire results. It shortens life. Temperate people live twenty or thirty years longer than those who drink. People say alcohol "degrades men to the level of the beast." We say that it sinks him far lower, as animals do not get drunk.

Regarding a man who suffered for three years from an open leg, Kneipp says: "He admitted having drunk a little more *beer* than was necessary (?) which, he thought, might have vitiated his blood."

And again: "The use of beer, wine, and brandy prepares an early grave for many."

But true to his usual inconsistent course, he allows the moderate use of alcoholic beverages, and in some cases even prescribes them. The consequence is that he only has been able to benefit ailments in the begin-

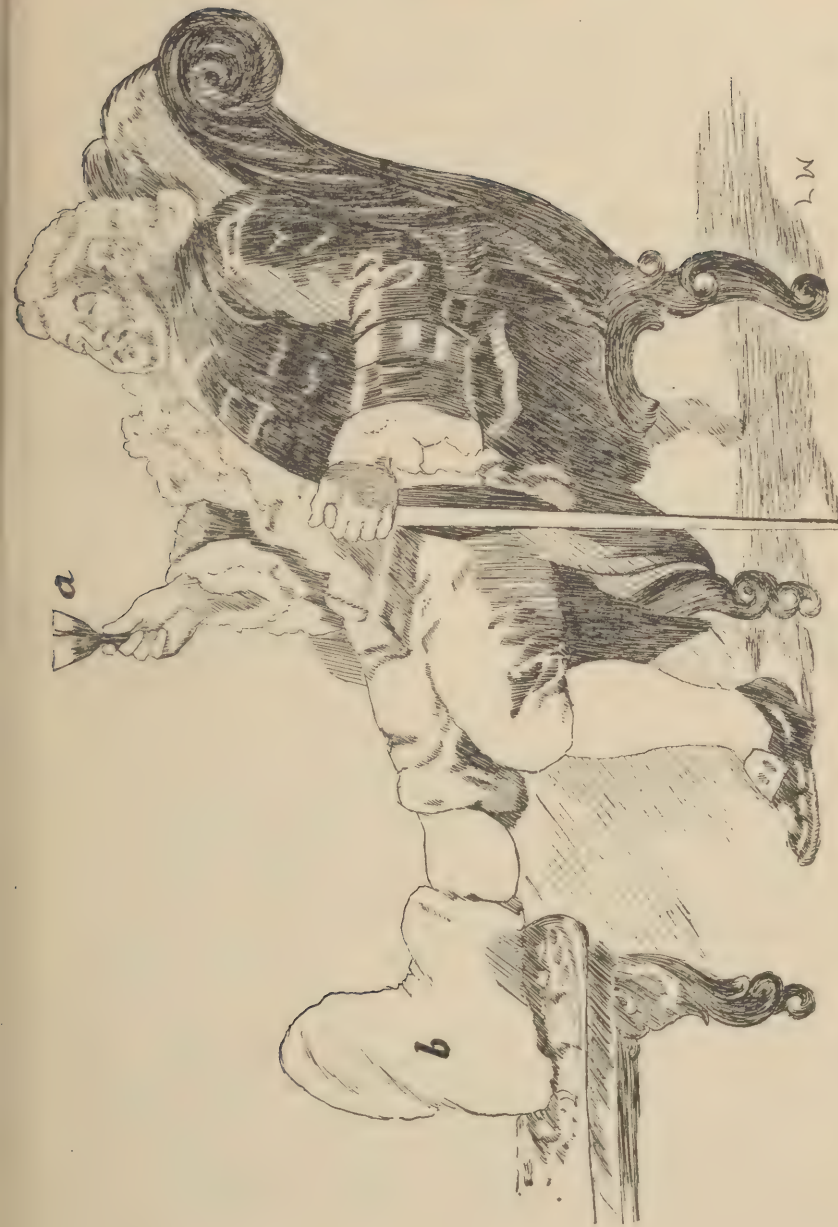


FIG. 38.—*Gout*.—*a*. Cause; *b*. Its effect. Drug physicians prescribe the alcohol, and then are surprised that they cannot cure its effect.

ning of their course, whereas the severest cases, he does not mention in his books.

Whiskey and brandy are rich in alcohol and fusel oil, and their use finally induces *insanity and idiocy*, as well as delirium tremens and physical and moral bankruptcy. The most promising talents are blasted, and families are beggared and made wretched by this curse. One-third of all the cases of insanity in our asylums are caused by intemperance, and many crimes are committed under its influence. Alexander the Great slew his friend in a fit of drunkenness. Plutarch says: "One drunkard begets another," and Aristotle adds, "Drunken women bring forth children like unto themselves." There is a form of pulmonary consumption induced by alcohol. This stimulant can never prove any real support to the system, and the readiness with which strong, and well endowed men slip into general paralysis, under the continued influence of this *false support*, attests how harmful it is.

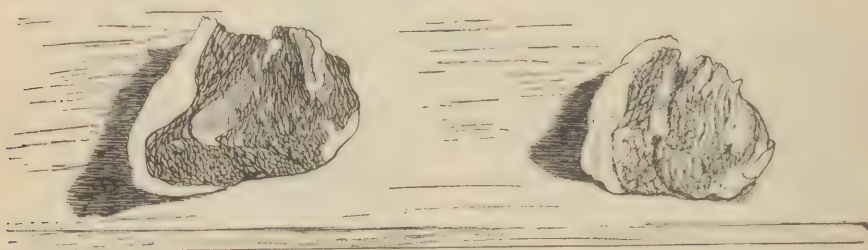


FIG. 39—*Effect of Alcohol on Raw Meat.*

On the left, a piece of raw meat, on the right, the same, after lying a few days in alcohol. We notice that the latter has shrunk and the color of its muscular fibres has become pale, the same as if it had been cooked. In fact, alcohol coagulates the albumen of the blood, muscles, and of other tissues, killing them. Hence alcohol, every drop of it, kills a definite portion of living tissue, when taken internally, or when rubbed into the skin or scalp. The use of alcohol is recommended by many drug doctors, as it increases the amount of sickness, and consequently their income.

To illustrate beyond all doubt the harmful effect of alcohol upon our bodies, pour a little upon a piece of raw meat. In a very short time all the albumen in the meat will have coagulated, and the material itself will appear to have been cooked. This is precisely what takes place with the tissues and blood of our body when we swallow anything containing alcohol. (Fig. 39.) Morphomania and alcoholism, are the direct result of drug medication. They were first introduced as remedies, and now they are universal curses, but the drug people still persist in prescribing them, and making drunkards and morphine fiends out of their patients.

The albumen of a raw egg is naturally transparent, but boiling makes it opaque and kills its life. No bird can be hatched from a cooked egg. Our blood, muscles, nerves, etc., are largely made up of albumen, and anything that will coagulate them kills their life. In order to test any substance as to its possible harmfulness to our system, we may perform the following experiment. Prepare a solution of the substance to be tested, and drop some white-of-egg into it. If the albumen turns white, it is a proof that the substance is hostile to life. Alcohol thus tried, is always found harmful, no matter whether used concentrated, or diluted to the strength in which it exists in liquors, wines or beer. These facts demonstrate that every drop of alcohol will do its deadly work in the human system.

Alcohol is the product of fermentation. Grape juice contains sugar, but no alcohol. Micro-organisms, obtaining access to the sugar commence to feed on it, then decomposition sets in and alcohol is thrown off. Alcohol is thus shown to be the effete waste product of organisms, and for that reason proves destructive to all life. If added to a fermenting fluid, it will stop its action; or if added to a mixture that would otherwise have fermented the process is prevented. Now, as was shown, our digestion is partly a kind of fermentation, and if we take beer, wine or liquors with our meals, the alcohol will not only hinder the food from being readily digested, but it will also coagulate the albumen both of the food and of the walls of the stomach, and thus work a double injury.

All those articles used for preserving food, such as sugar, salt, vinegar, and alcohol, owe their preservative properties to the fact that they are capable of destroying micro-organisms, or hindering their development. But since our bodies are built up of such minute beings, forming a community of cells, it is plain that any and all of these articles are injurious to health.

You may have observed that if Eau de Cologne is rubbed into the hands they look unnaturally white. This is because the alcohol has coagulated the albumen of your skin, and has killed its life to that extent. As the skin is really a complicated affair, containing nerves, blood-vessels, the roots of the hair, etc., and consequently is such an important factor in our general health, very much depends upon keeping its condition intact, and its several parts free to perform their necessary functions.

The rubbing over of the whole body with strong alcohol, for the purpose of preventing the bather from taking cold, as practiced in some Russian and Turkish baths, or by other equally ignorant masseurs, is thus seen to be a real injury.

Drug doctors seeing here another opportunity of distinguishing themselves, recommend this irrational procedure.

Injurious as alcohol is when applied to the exterior skin, it is far more so when taken internally, as *there* it comes in direct contact with the tender mucous membrane. The harm done, is in direct proportion to the quantity taken. If one glass kills a million of our cells, ten glasses will kill ten times that number, and the victim must inevitably suffer the penalty.

The exhilaration, excitement, and fever felt after taking this *so-called* stimulant, is due to the disturbance produced in the body by the violent efforts of the system to throw off that part of the body that has been killed by the unnatural beverage. Of course this is always followed by exhaustion. This practice, too, leads to other vices, even more direful and far-reaching in the misery which they entail. Thus we see what momentous evils we invite, simply by the kind of food and drink we put into our mouths.

Many representatives of drug schools not content with the fact that this curse, together with the morphine and other pernicious habits, was first bestowed upon mankind by their profession, still perpetuate these practices by prescribing alcohol to their patients, in the delusion that alcohol gives strength! But if alcohol gives strength, much alcohol should give great strength, and drunkards ought to surpass sober people of their built. But the reverse is really the case. Any physician who prescribes alcohol, shielding its real nature by any pet name whatsoever, is a disgrace to his profession, and should have become a liquor-dealer and be consistent. *It almost looks as though they humored their patients intentionally, in order to make permanent invalids of them and fill their own pockets!*

Most of these beverages, bad as they are in themselves, are rendered doubly harmful by *adulteration*. Beer contains 90 per cent. or more of water, a small percentage of alcohol, some sugar, albumen, hops (?), essential oils, etc. Its value as a nutrient is trifling. Instead of being made from expensive hops, it is adulterated by such rank poisons, as colchicum and belladonna, which cause fatty degeneration (obesity,) but give no strength.

Abstaining from alcohol, would greatly contribute to the health, prosperity, morality and general happiness of the human race.

It is very hard to convince illiterate people that they have been living wrongly. One recently said: "I don't see how I am living in a wrong way. We live now just as our forefathers did. They ate meat, drank coffee and beer, and smoked, as we do." We replied: "Here you are

greatly mistaken : coffee, tobacco, spices, etc., were lately introduced. Pepper, for instance, was at first worth its weight in gold, and only the very richest people could obtain any of it."

We submit here an extract from the *Deutsche Versicherungs Zeitung* of Berlin (an insurance journal.) It is a notice of a lecture delivered March 28th by Dr. Brendel before the Anthropological Society of Munich. The lecturer opened his discourse by describing the present era as "the alcoholic period of man," because drunkenness had never at any previous age been so prevalent as now.....He went on to speak as follows: "Alcohol, which apparently brings so much pleasure to its partaker, acts as poison, if even consumed in small doses daily, by means of its cumulative action, as strikingly shown here in Munich, the centre of beer consumption, by the frequent sudden cases of death of apparently healthy men. Fatty, enfeebled hearts, shriveled kidneys, fatty or hardened livers, changes in the texture of blood-vessels, which cause paralytic strokes and softenings of the brain by bursting in the brain, chronic catarrhs of the stomach and bronchial tubes, etc., trembling of the limbs, aberrations and diseases of the mental faculties, delirium tremens, etc.—these are some of the consequences of an immoderate use of alcoholic liquors." Says Dr. W. D. Carpenter: "Nothing in the annals of quackery can be more truly empirical than the mode in which fermented liquors are directed or permitted to be taken by a large proportion of medical practitioners." The distinguished physician and writer, Dr. T. D. Crothers, says: "Thoughtful observers recognize that alcohol as a medicine is rapidly becoming a thing of the past. Ten years ago leading medical men and text books spoke of stimulants as essentials of many diseases, and defended their use with warmth and positiveness. To-day this is changed. Medical men seldom refer to spirits as remedies, and when they do, express great conservatism and caution. The text-books show the same changes, although some dogmatic authors refuse to recognize the change of practice, and still cling to the idea of the food value of spirits." This question (of the poisonous nature of alcohol,) as we learn from *Le Bien Sociale* of Belgium, is thus answered by Dr. Laborde of the Paris Faculty of Medicine: "Yes, alcohol is a poison, because it produces those derangements or serious accidents, even mortal, which strike at once the body and the mind. It prevents the man walking straight and causes him to stagger and fall; it makes him tremble and gives him convulsive shocks; it makes him foolish and criminal, driving him on to murder his mates and even his nearest relations; it reduces him to the state of an imbecile, an idiot, and a brute—that is to say, to the level,

and even below that, of an animal. And, beyond that, it condemns him to be the parent of unhealthy children—deformed, epileptic, imbecile, or idiots—disposed to murder their fellows and become criminals." Sir W. B. Richardson declares that if "by any miracle England was made sober, the average value of life of the people would be increased one-third."

"Men and women, if you care for the welfare of our race, or even of your own children, look at the poverty, wretchedness, sorrow, and demoralization which flow from the use of intoxicating drinks and tobacco. It is estimated that not less than twelve hundred millions of dollars are spent annually, mostly, we know, by the laboring population, for the above poisons, which are of no earthly use, but most fearfully injurious to those who use them. The young man who starts in life to earn his own living is handicapped at the very start. The money which he should save for a home, wife and children, and for old age, goes day by day into the pockets of the saloon-keeper, tobacconist, wholesale dealers, brewers, and distillers, making many of them immensely rich."*

The so-called "Summer or Soft Drinks" are all more or less objectionable, partly on account of their ingredients, and partly because of their low temperature.

Of all the beverages mentioned, plain water is the most effectual for quenching thirst. We ought not, however, to pour it down our throat by the tumbler full, but take it in small sips. On an average, in consequence of their heating diet, and of the heating nature of the usual beverages, people imbibe far too much liquid. Aside from the harm worked on the various organs by the superfluous ingredients, the excess of liquid overtakes the working capacity of the kidneys, till they relinquish their effort. Brights' disease, diabetes and dropsy,—this fine trio, are the result of the unnatural deluge constantly poured into the system.

Kneipp writes: "The body becomes diseased through the digested fluid not being altogether secreted by the perspiration and the urine. In such cases this surplus of fluid gathers and accumulates in the body to such an extent that it can find no issue, and a disease arises which is called *Dropsy*." Too much fluid is taken, and of a stimulating character at that, such as beer, wine, coffee, tea, lemonade with sugar, etc. By the use of such drinks thirst is not quenched, but is still more increased. There is also a superfluity of liquids in soups and other sloppy foods.

* The above quotations are cited from a tract published by J. W. Cummings, 58 Reade street, New York City.

People become dropsical, because they drink everything but water. Water has its revenge. Its despisers become dropsical, *i. e.*, filled up with water.

As to the expectation of life, we are told that a total abstainer from strong drink at the age of 20 years, if he lives the average duration of life, will reach the age of 64 years; while a drinking man of the same age cannot expect to live beyond the age of 35½ years. A man free from drink, aged 35 years, may reasonably expect to reach 66½ years, while his tippling friends must be prepared to go at 43¾ years. One who is strictly a cold water man, 40 years of age, may reach his average 68½ years, but the old drunkards may expect to reach only the age of 51.

Water is the only drink of which the habitual moderate use will not eventually bring on sickness and injury. The writer would not change places with an emperor, if he should be required to use the victuals and drinks prepared for that happy (?) potentate.

Thus, we see, men not only waste their money in food which fails to nourish them, but also spend it for other poisons *with which they daily shorten their lives*. Innutritious food, prepared in such a way as to render it even more harmful, makes children dull, cross, and prone to acute forms of disease; it makes women more liable to those ills peculiar to their constitutions, and, in men, it causes a restlessness and dissatisfaction, which lead to even worse evils. Moreover, all these unhappy conditions tend to the waste of money in doctors' bills. Now, regarding the matter calmly, from a material standpoint only, what can be more ridiculous than working to gain money, for the sole purpose of spending it again in *fever*-breeding, disease-inducing foods and drinks, and for druggists' and doctors' bills?

Another cause of a weakened digestion is the irrational temperature of the food and drink we take. We have both an internal and external skin. The internal is really but a continuation of the external. Both are affected in the same way by temperature. It is noticeable that when we take a warm bath, without following it up by a cooling process, we feel chilly for a long time after. On the contrary, if we take a quick cold bath, and then exercise until normal warmth is re-established, we feel warm and comfortable. This short, cold application draws blood to the cooled spot, and natural warmth is the result; whereas hot applications leave the skin anæmic, and the sensation of chilliness must follow. This is the work of the *vital force*. Our nerves perform their work on the principle of action and reaction. When we bathe in cold water or take cold food and drink, the nerves deliver this intelligence to the central station of vitality. This power, thereupon, sends a sufficient supply of warm blood

to the place which was artificially cooled, to make up for the loss of heat. This effect persists for some time, leaving the skin or intestines permanently supplied with blood, and we will feel lastingly warm and comfortable after a cold bath. As the various digestive juices are secreted from the blood, and as cold food and drink draw the blood to the intestines, cold victuals invigorate the organs of digestion. On the contrary, warm bathing and warm food and drinks, not only fail to stimulate the nerves and vital force, but actually weaken them, so that their normal blood-supply is permanently lessened. Consequently, warm bathing makes our skin anæmic, and causes us to feel chilly and uncomfortable for days after. Warm food and drink produce a similar anæmic condition internally, and deprive the intestines and digestive juices of their normal supply of blood, resulting in poor digestion.

In cases of constipation, the *drug schools often recommends warm enemas. These are always harmful*, however. Costiveness often arises from a lack of blood in the bowels, and warm enemas accentuate this condition.

Medical men often recommend copious drinking of hot water. But *warm food and drinks weaken the digestive organs by making them permanently anæmic.* The proper temperature is that of the external air.

Cold water is a less rapid solvent than warm water, as cold air is a better preservative of food than warm air. So a quantity of iced water taken into the stomach chill the coating and contents of that organ, and thus suddenly checks and hinders the digestion of the food. Hardy, healthy country people never use ice-cold drinks nor fruit-ices. A glass of merely *cool* water, taken slowly, a swallow at a time, with an interval of a second or two between each mouthful, will be found to be far more satisfactory in allaying thirst, as well as in avoiding the disastrous effects that are sure to follow the continual use of iced water.

Ice creams and other delicacies of the sort are all harmful, and doubly so, if they are taken when the body is overheated. Multitudes bring upon themselves the horrors of life-long dyspepsia by drinking large quantities of cold water at their meals. Animals have no hot water to drink or to bathe in, and no iced drinks in summer to alternate with boiling soups, as is the case at every hotel table. If animals ever have ices, they get them when the external temperature and all their food is very cold, and their bodies are in a measure prepared for them. We should have the animals always before us as our teachers and guides in these matters. We all may learn the laws of health by this simple observation. Who would think of making ices or of preparing predigested food for the animals?

In winter the low external temperature draws the blood to the skin of wild animals and the ice-cold food draws it again to the internal organs. The very low external and internal temperatures counteract one another, and no harm can follow. But with man, living in warm rooms, covering his skin with warm clothes, and sleeping in warm beds, internal cooling, causing a congestion, will give rise to intestinal ulcers, etc., if the blood is impure, as it is in most instances, to-day. The same condition exists in summer, *i. e.*, the surrounding atmosphere is warm and iced drinks and fruit ices unbalance the blood circulation.

Dr. Hall says : " Some of the most terrible forms of disease are brought on by persistence in eating cold food exclusively, especially in winter time." (22.) If this were so, all wild animals, picking their food from underneath the snow, would be visited by the most dreadful forms of disease, but, they are well. You see, we have to be cautious as to what we believe, and must examine critically what the drug people tell us, even when they write on subjects of health. People are always liable to be misled, if unable to base their opinions on fixed principles. Few drug doctors ever advanced any such principles.

Some people seem not quite contented if they are not a little ailing ; if they have no cause for complaint. To satisfy such we suggest a prescription that will enable them to become as sick and wretched as possible. Eat meat and spices. Eat your food cooked ; and drink freely with your *meals*. Take your food and beverages hot, or ice-cold, or follow one extreme of temperature by the other in quick succession. Stimulate your appetite for food and drink by using spices very freely. Take alcohol, no matter by what pet name disguised. Eat white bread. Keep your rooms close and hot. Wear heavy clothes, avoid out-of-door exercise and recreation. And then, as soon as your system shows the first symptoms of remonstrance against such preposterous treatment, take the prescriptions of the drug fraternity to effectually stifle and silence these voices of protesting nature. This advice followed out, answers the purpose of committing suicide ; it is a slow taking of yourself off. If it should fail to abbreviate the natural duration of life by at least half, with many years of incessant suffering added to the score, you are warranted in believing that the author does not understand his business.

EVACUATIONS.

CHAPTER 10.



THE mistake of taking injurious substances into our bodies is one cause of sickness; but there is also another, no less potent, *viz.*, our own bodies manufacture poisons. Every substance which has served its purpose in the body, must be promptly removed, or else it acts the part of a poison.

The quantity of food which enters the body, and the amount of effete matter which leaves it, ought to balance in the adult and healthy person.

The materials which we receive into our bodies and their excretion hold a distinct relation to each other, and an equal share of attention should be devoted to both.

A healthy body expels these poisons promptly by way of the pores of the skin, the lungs, kidneys, and bowels. But if people neglect the voice of nature, from prudery or some other cause, these poisons are re-absorbed by the blood and remain permanently in the body. From this twofold cause, corrupt matter is found in peoples' systems.

If the excretions are too scanty, part of the waste matter has been retained and will lead to more or less serious difficulties. Therefore the duty involves upon us of seeing that the excretory organs, the skin, bowels, and kidneys work quite freely and unobstructedly. Our vitality tries to free the system from all foul matter; but when the natural vents are closed, the foreign material is deposited somewhere within the system.

The *kidneys* ought to secrete the urine. Its removal may be prevented by some obstruction in the kidneys, bladder, or urethra. The urine, finding no outlet, accumulates in the body. So long as the skin works, the system is still relieved, to an extent,—as the skin and kidneys partly act one for the other; but the skin having then to work for two, soon

ceases to perform its function, from sheer exhaustion. Then, transpiration too, ceases and the body rapidly fills with fluid, and various kinds of dropsy result.

If the secretion of gall is prevented, serious forms of illness and premature death are the consequences. The formation of *stones*, either urinary or of the gall, is also the result of suppressed secretion.

It is of paramount importance to evacuate from the *bowels*, as soon as such a desire is felt, as it is but reasonable to suppose that whatever the body is ready to throw off, can only become a burden and poison to it as long as retained. If we act the part of a naughty child, disregarding the summons, the effect on our health cannot be otherwise than harmful in the extreme. We repeat, our opinion is that a normal person ought to have not one, but two or three easy evacuations within every twenty-four hours. Whenever those sensations are neglected and the effluvia retained, the body loses its power to announce its wants promptly. Further harm arises, because the body reabsorbs part of the matter ready for excretion. This is carried to some part of the system where it solidifies, giving rise to the most direful forms of disease.

If this foul matter is deposited in the eye, it leads to blindness; if it enters the internal ear, it causes deafness; if it settles in some joint, we have rheumatism or gout; if in the lungs—bronchitis, asthma, or consumption; if in the liver—constipation, yellow jaundice, or cancer. Be careful, therefore, not to retain winds, urine, or faeces. If these natural processes are interfered with, the foundation of nine-tenths of all our maladies is laid, and a premature and painful death is sure to follow.

We find thus, that all forms of disease in reality have a common cause; namely, deposits of foreign matter. These deposits are caused in two ways; by improper matter taken into the system, and by effete matter retained therein.

Of what does the foul, purulent matter consist which the ears discharge or the nose throws off, in case of catarrh? All discharges, such as of the lungs, or in gonorrhoea or leucorrhoea, are unhealthy matter. Likewise in ulcers, the system merely endeavors to cleanse itself. The mucous membrane of healthy people never discharges. Our legalized poisoners, ignorant of the nature of discharges, try to suppress them. In some cases, they succeed; in others, they fail. If this suppression is brought on by drugs, the morbid matter, having no longer an outlet, must again settle somewhere, and may attack any organ. Moreover, its quantity is increased by the more virulent drugs. After drugs have failed to accomplish the purpose of suppression, even after years of medica-

tion, the discharges will be made to stop naturally, by a general cleansing of the entire system by our simple methods.

Here we note another short-coming of the practice of the drug schools : they distinguish hundreds of different diseases, for each of which they seek in vain for some specific ; whereas *we* recognize but *one* kind of disease, *viz.*, impurities ; and by removing these, we are enabled to abolish any abnormal symptoms.

Medical books enumerate hundreds of chronic ailments ; but the fact that they are allowed to run into the chronic state, and the additional fact that drugs are unable to abridge their career and cure them in the beginning, when still acute, proves that not one specific has as yet been found *by the drug physicians* for any of the chronic ailments classified by them.

But let us return to the foreign encumbrance in our bodies. The depositing of foreign materials in the body proceeds day by day, year after year, without our becoming conscious of it. These deposits remain quiescent as long as they are not stirred up by some accidental cause. But some day, two persons expose themselves to a draught of cold air, the current mainly striking the knee, for instance. The fine blood-vessels contract, and as the blood circulation is impeded in the neighborhood of joints on account of the large heads of the bones, the foreign material carried along with the blood current, is here deposited, and just as when a splinter is run into the hand, the wound will suppurate and inflame, so the deposit of foreign matter in the knee is accompanied by pain and fever ; we call these symptoms 'articular rheumatism.' But how does it come to pass, that possibly one of the two persons contracted the affliction whereas the other escaped ? Nothing is more simple. The body of the one not afflicted, contained little or no foreign substances, consequently, the cold to which he was exposed could not lead to deposits. The one who contracted the rheumatism, already carried the corrupt matter—the real disease within him. *The sickness did not come from without.*

If a child suddenly contracts measles or diphtheria it is because the sick matter has been slumbering for years in its system, till finally some germs of contagion enter the body from without, and set the foreign matter in violent commotion and fermentation. This fermentation appears as a high degree of temperature ; in scarlet fever, typhus and cholera, the rise of temperature may be so excessive as even to endanger the life of the patient. If the precaution had been taken of purging the bodies of the children from the foreign matter *before* their being exposed to contagion, the latter would have been powerless to affect them. Con-

tagion attacks only those whose systems retain chronic encumbrances. This is the explanation of the *predisposition* of people to incur diseases, which predisposition has mystified our learned friends, the drug doctors up to the present day.

If you want to escape contagion, to be proof against all such danger, see that your body contains no dead matter. In order to produce an acute sickness, two elements must be present : the encumbered condition of our body, and the impetus from without, by microbes, a cold, or some other cause. *The encumbrance is the real, the primary cause of disease.* The other is but secondary and incidental. Without the encumbrance, no contagion can take effect. The proper way to prevent contagious diseases, would be to instruct people how to live, what to eat and drink, and how to purge their bodies from impurities. The way in which the drug profession attempts to prevent the spread of disease, by drawing cordons around infected places, by vaccination and other inoculations, or by closing the sea-ports, is but a poor and unreliable make-shift.

Microbes and atmospheric influences react on the foreign matter in our systems and lead only indirectly to the phenomena of fever, erroneously called sickness. If we take cold, and the nose begins to discharge, that which escapes from the nose is sick matter, and we ought to be glad to become rid of it ; hence we ought to welcome any little cold as a curative process. In fact, all the manifold processes of Water Cure are nothing but taking such little colds. The mastership of a hydro-therapeutic practitioner consists in controlling these successive processes of *taking cold* in such a manner that the foreign matter is so gradually removed, that the patient finds himself well after some time, and he scarcely knows how it came about. This ignorance of the primary cause of disease is the reason why the treatment by drugs is a blind experiment upon the life of the patient, and utterly irrational.

Let us now return to a consideration of the harm arising from suppressed secretions of effete matter. The question is often asked : " Why is this unnatural accumulation found in the Colon ? " The horse or ox promptly answers the calls of Nature, and knows no distinction of his place, and is blessed with a clean Colon. So are the natives of Africa, but the demands of civilized life insist upon a proper time and place. " Business, etiquette, opportunity, and a thousand and one excuses stand continually in the way, and Nature's call is put off to a more convenient time. The *æcal* discharge as it is pressed into the Colon is (if natural) of the consistency of paste, and should be but a trifle harder at its final evacuation ; but if allowed to re-

main in the Colon longer than three hours, it settles into the folds of the Colon, and a little remains there while the remainder becomes hard, and we call it constipation, for its fluid particles have been reabsorbed into the circulation. This little, continuing to adhere in the folds, causes inflammation, and its dryness attracts more accumulation. Now this process going on from day to day, from week to week, from year to year, the Colon becomes completely lined, losing its nerve, elastic power and sensibility."

Kneipp relates the following case: "A priest traveled with a gentleman and his wife. The urine greatly troubled the priest, but on account of the lady, he would say nothing. In consequence, the bladder formed a false passage, and *the urine escaped from* his foot for fourteen years, and his life was one continuous suffering. False shame had ruined his health forever. Now we hold, if nature calls us when in society, he who would take offense, if we heed her voice, can be but a fool; and we fail to see why anyone should care for his opinion. To obey the dictates of nature instantly, would be a wiser plan.

Strength. Not so much what is put into the stomach gives strength, but the amount of pure air which is breathed. Strength is in proportion to lung capacity, some phenomenal athletes having a chest expansion of 14 inches and more, whereas some consumptives have less than $\frac{3}{4}$ inch. It is useless to force food on a patient—improve his breathing capacity, and good appetite will follow as a natural consequence. The lungs and skin not only perform the functions of assimilating organs, for imbibing oxygen from the atmosphere, but they also serve as depurating organs. Their attempts at purification are frequently frustrated by living in hot, confined rooms, and by the wearing of too much clothing.

Air, when inhaled by way of the nose, is conducted along circuitous passages in which its temperature is made more uniform with that of our body and is also filtered from dust, before reaching the lungs. Air breathed through the mouth, irritates the lungs.

The air escaping from the lungs is poisonous and can not support respiration. By closing the windows we breathe it over and over again, and poison ourselves. Many persons regard air as being of greater importance than food, because ten minutes without air would result in death while cases are upon record where individuals have lived for many days without food, other than water. All our solid and liquid foods can be assimilated only by the process of respiration. Consequently, our gaseous supplies actually constitute one-half of all the food we need for sustenance. Oxygen is the live giving principle of the air. By the breath-

ing process of both the lung and skin, the oxygen inhaled combines with the coal of the blood, forming carbonic acid gas, which is then exhaled. This gas is a most powerful poison. If air contains more than *six parts of it in every ten thousand*, it is unfit for respiration. Proper ventilation provides for a sufficient amount of oxygen in the air we breathe. Fresh air is one of the most important agents in removing effete matter from the system. You cannot wash clothes clean with dirty water, nor can you cleanse the system with impure air. Sunlight and fresh air often cure dyspepsia, as they greatly assist digestion.

Both the lungs and the skin also excrete a considerable amount of water, and some other material. Hence moist weather, preventing the body from relieving itself by their avenues, produces asthma and rheumatism in people whose bodies are charged with effete matter. If people neglect prompt obedience to the sense of smell, this organ grows more lax and accustomed to the presence of impurities in the air, and will allow harmful matter to pass unchallenged into the body. People in this way become used to sitting in dense clouds of tobacco smoke. If we breathe over and over the air which has been once used by the lungs, the blood will stagnate, the heart act slowly, the food remain undigested, and the brain become clogged. The pale cheek, lusterless eye, and languid step, all speak only too plainly of oxygen starvation. According to Dr. Hall, *more people die of air-tight rooms than of unchinked log cabins.*

If the lungs fail to inhale a sufficient amount of pure air, they become clogged, and ulceration and expectoration follow. If the air we breathe contains carbonic acid gas, the body is unable to relieve itself of its burden; the blood becomes vitiated; the nerves are not properly nourished, and the muscles of the body, and also of the chest, relax. This is an additional cause why the body cannot be purified from its gaseous effete products. Bad air induces shallow breathing; from it follow: headaches, restless sleep, catarrh, exhaustion, poverty of blood, bronchial troubles, asthma, nervousness, consumption, and a train of similar evils. In school children the normal development of their mental capacities is hindered or prevented. A dog confined in a cellar will become consumptive in a few weeks. The contaminated air of close, badly ventilated school-rooms sows the seeds of many forms of disease. Consumption is principally the result of indoor life. Seven-tenths of all consumptive cases are the consequence of an imperfect aëration of the lungs.

"It is estimated that a light or a fire will vitiate as much air as a dozen persons. Carbonic oxide gas, a product of combustion more deadly than carbonic acid gas, leaks from a stove through the pores of the hot iron,

and, besides the air which it draws from the room, it actually poisons that which we breathe. Many breaths and lights rapidly unfit the air of a room for use. Small, illy ventilated sleeping-rooms, in which re-heated air is ever present, are nurseries of consumption. To a lack of pure air may be attributed the existence of nearly all the prevalent diseases classed under the head of *scrofula*. Some physicians attribute the prevalence of *intemperance* among the lower classes to the effect of bad ventilation in the crowded tenements, which produces a degree of lethargy sufficient to drive them to the rum shop for stimulants."

If, *instead of prescribing iron, meat, milk and the like for poverty of blood and consumption, medical people would send their patients out into the sunshine and open air for exercise, it would manifest much more common sense on their part.*

The *skin* serves not only the purpose of inhaling, but also forms a vast exhaling surface for the removal of effete gaseous and fluid products. In the event of its inactivity, these harmful substances will remain in the body, and will attack mainly the lungs and the kidneys, since these organs are, to a certain extent, capable of acting vicariously for the skin. The air should come in direct contact with the skin. This is partly prevented by clothing. An open skin is very essential; if all pores are closed by a varnish, death is said to follow in a few hours; but as clothes allow an exchange of air to *some* extent, we are being poisoned gradually by our own secretions, and we die a slow death. It is a remarkable fact that, when people feel out of sorts they usually resort to such improper measures to compass their recovery, as only make them worse. So in the case of persons feeling cold, instead of trying to re-enliven the nerves of the skin, they put on two and three woolen shirts, one on top of the other, and the more they put on, the colder they feel, because it is for this very reason that they feel cold, as the activity of the skin becomes more and more stifled.

CHAPTER II.

CLOTHES.



CLOTHES do not *produce* heat—no amount of clothing would warm a corpse,—they only *prevent loss of heat*. Our *heat* is supplied either artificially from without, by the sun or fires, or *it is produced by the breathing process*.

The skin exhales effete gaseous matter. Another portion is thrown off from the bowels as flatulence. The foul matter from both these sources is caught and condensed by the almost air-tight clothes, and a part of

it re-enters the skin, clogging the pores, and forming a layer of solid matter in and below the cuticle. This deposit suppresses and stifles the action of the nerves, so that they desist from summoning the blood to the skin. Hence the sensation of *chilliness is only felt when the skin is inactive and anæmic*. The blood, having retreated from the surface, is congested within, and may lead to serious, even fatal results. As for cold,—even in the coldest weather, we do not need to swathe our *faces* in several thicknesses of flannel; then why should we do so with the other parts of our body? It is mere habit. We could accustom our whole bodies, as we have our faces, to brave all temperatures. (Fig. 40.) Animal heat is almost exclusively the result of the chemical combustion of carbon in the body, with the oxygen coming from without. If the pores of the skin be closed, the oxygen is kept out, and the feeling of chilliness must be the inevitable result. By dressing warmer and warmer, we only smother our natural fires. The progress of disease, *i. e.*, of the *latent deposits*, is in direct proportion to the amount of clothes we wear. A cold shower bath, before going out on a cold morning, would be a far better preparation than overcoats and arctics. This process draws the blood to the skin and makes us feel warm. In the coldest weather, the author feels quite comfortable out-of-doors, without underwear, after taking a cold douche.

All our vital organs were created to work. Whenever we try to relieve them of their allotted amount of work, as loading the skin with clothes, robbing the muscles by idleness, and the stomach by predigested food, they quit work entirely, and grow weak instead of strong. In the same way, the custom of American business men of wearing their hats



FIG. 40.—*Clothes.* When a person feels out-of-sorts, he usually resorts to measures that will make him worse. Thus, in case of a little cold, people will put on heavy flannels. The evil is thereby increased, by stifling the action of the skin and also by causing congestion to the chest,—and more and more wraps are used. The usual practice of the drug people is to encourage this tendency, because they do not know that a cold is the curative process of nature; and being unable to control it, they fear it. *We* make people take cold intentionally. Most of our processes are those of 'taking cold.' What is discharged during a cold, is foul matter, and a person is much better when rid of it.

indoors, does not protect the hair, but makes them bald, as the perpetual covering stifles the action of nerves located in the scalp. (FIG. 41.) Women cut their hair only on rare occasions, and, as a rule, are

less subject to baldness than men. Cutting the hair, is unnatural, and this custom is partly responsible for the loss of this highly ornamental and efficient protection for the brain. The negroes under the broiling sun of Africa, need no other shield. The same effect is produced by keeping our rooms too warm. The greater the difference in temperature between the air indoors and outside, the greater the harm which accrues to our health. Clothing is unnatural, and both clothes and houses are nuisances, and are the direct cause of many forms of disease. They

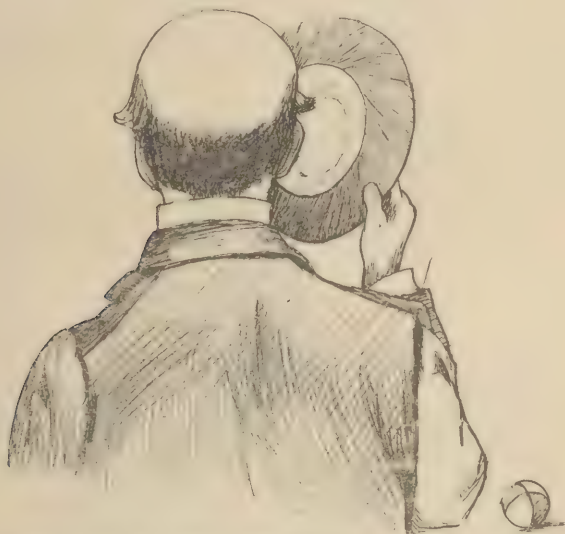


FIG. 41.—*Hair* is lost by killing the action of the skin by depriving it of air and light. The hat prevents the escape of the gaseous effluvia.

become, though not absolutely, relatively necessary to enable man to live in colder climates and seasons to which he was a stranger originally. The only legitimate purpose of clothes is, to retain the warmth of our body, and they should not be worn to such an extent as to do more harm than good. If we were to restrict the amount of clothes to the lowest measure, the body would be more strong and vigorous, and uniformly healthful, as well as more beautiful and symmetrical in its conformation. The mind would be active and powerful, and the moral character far less liable to become tainted.

To-day, the purpose of clothing is almost forgotten, and people wear tight shoes and corsets, high heeled boots, gloves, starched shirts, high hats,—in short, everything they can think of, to make themselves sick

At present, the principal purpose of dressing seems to be to cover our nakedness. This use should not exist at all, as little in man, as in animals. As a rule, we find the more a person covers his skin, hiding away every part, the hands by gloves, the face by veils, etc., the more effete matter remains in the system; and then the foul matter, trying to find other avenues of escape, leads to sexual excitement. First, people take meat. This is the starting point of all our misery, as eating meat leads to the use of spices, and both meat and spices terminate too often in the use of alcohol and narcotics; and finally all four groups are crowned by amorous passions. It is on their account that we use clothes, in order to be less tempted. But the fact is, the benefit derived from them is far



FIG. 42.—*Summer-dress*.—How ladies pile the clothes around the chest and neck in the heat of summer,—causing a chronic congestion in those regions, and laying the foundation of consumption.

outbalanced by their harm, even with respect to our sexual relationship.

Access of pure air to the skin stimulates its nerves, enabling all gaseous products to be removed as fast as they exude from the interior of the body. In this way the kidneys are relieved, and rheumatism, dropsy, etc., avoided. The life of man, as well as that of each organ, operates upon the principle of reaction. He who exposes himself to every inclemency of weather is robust and strong; whereas he who lives indoors is weak, poorly nourished and anæmic. (FIGS. 42 & 43.)

For health, the best underwear is none at all ; and the worst, several layers of heavy woollens with extra protectors and pads of various kinds for special parts. For the sake of cleanliness, however, we may compromise, allowing even for winter only the thinnest undergarments obtainable. A gentleman afflicted with paraplegia, (a form of paralysis) once came under our treatment. He had been troubled for years with cold



FIG. 43.—*Winter-style ; best adapted for completing the work.*

calves. Though most of his ailments rapidly improved, the calves defied all our efforts, till finally the writer inquired of the patient, whether he had been in the habit of standing with his back toward the fire. He had been doing so for several years, and was so doing still, every day for hours—to warm his calves. On our recommendation, he relinquished that habit, and, by way of recompense, washed his calves instead, several times a day, rubbing them vigorously with ice-cold water. After this,

their condition soon improved and the coldness ceased. Artificial warmth applied to the skin weakens it, and warm weather, warm baths, warm enemas, warm eating and drinking, warm clothes, warm rooms, lower vitality, and cause sickness. (FIG. 44.)



FIG. 44.—*Perverse fashion of dressing children.* All the clothes are piled around the throat and chest, whereas the legs are bare, causing congestion of the breathing organs and leading to croup, diphtheria, etc.

An important part of clothing is the covering of the feet. People generally wear socks and tight shoes. The leather is almost impervious to the air, and perspiration is retained and saturates the shoes. Tight shoes also prevent a proper circulation of the blood; thus the foot becomes permanently cold, and often perspiring also. As a result, the blood congests in the head, and as the gaseous effluvia find their exit barred below, they rise with the blood, predisposing to catarrhs of the air passages, consumption, affections of the eyes and ears, nervous headache, apoplexy and other disorders not less fatal.

If the skin be inactive, the lungs and kidneys soon become diseased, and rheumatism, dropsy and like ills follow. Flatulence usually precedes dropsy. Both indicate inaction of the skin; the gases thrown off should have been eliminated by the skin. If the pores are closed, the tendency

is to abdominal fevers, hypochondria and heart failure, while most cases of rheumatism and gout are attributable to this source.

In females, heavy covering of the chest causes inflammation of the chest, and consumption. Too warm clothing and bedding are apt to lead to masturbation and associate evils.

Not only the skin and kidneys, but also skin and bowels may act the part of substitutes each for the other, *i. e.*, if the skin be inactive, the surplus liquid effluvia may be discharged in attacks of diarrhœa, or the secretions of urine will increase—predisposing to kidney troubles. If the



FIG. 45.—*Implements of ugliness, torture and sickness.* Irresistible arsenal of feminine warfare for the conquest of simpletons.

kidneys become sluggish, the effete fluid will be discharged as diarrhœa from the bowels; and if then the liver refuses to work, costiveness results, and the liquid, deprived of all exits, must remain in the system, thus causing dropsy.

Tight Clothes. It is next to impossible to convince people that their shoes, or corsets, or cravats, are too tight. An article is too tight when it impedes the blood current in the slightest degree. If one but presses his finger slightly on a vein, it swells. If you accustom yourself to walk without socks in very wide shoes, your feet will be always warm. (FIG. 45.)

Shoes are rarely loose enough for comfort, frequently producing corns and bunions by being too tight. And why do we make ourselves miserable in this way? Because we imagine, some one else will admire an unnaturally small foot! No *sensible* person will act thus, however; and who would suffer for a life-time, to gain the admiration of a simpleton? The *corset*, too, is a barbarous fashion. It is difficult to understand how women can imagine that such an abnormal shape can add to their attractions. We lament the ignorance of the Chinese woman, who pinches her foot to half its size: but the women of our "higher civilization" *pinch*,



FIG. 46.—*Women's great desideratum: a small waist.* The corset cannot tighten the waist without compressing the many delicate internal organs; thus the liver is cut in two; the organs of procreation are forced down, causing prolapsus of the womb; the stomach and heart are pressed upward and crowd the lungs, etc. By that childish, irrational process the females make wrecks of themselves and their offspring for life-time. And why? For the sake of what some fool may think of their shape.

and contract and misplace organs which are by far the most important in the whole body. It is this that gives rise to much of the dangers and pains attending motherhood.

Tight-lacing is followed by displacements of the womb, difficult parturition, liver troubles, piles, constipation, ovarian difficulties, hysteria, cancers, tumors, abortions, sickly offspring and a long train of painful

and repulsive female disorders. Women covet a slender waist because they think it beautiful, whereas only what is natural is truly beautiful.

The wearers of stays thus make themselves sick and wretched for life, besides ruining the health and happiness of their progeny. This suf-

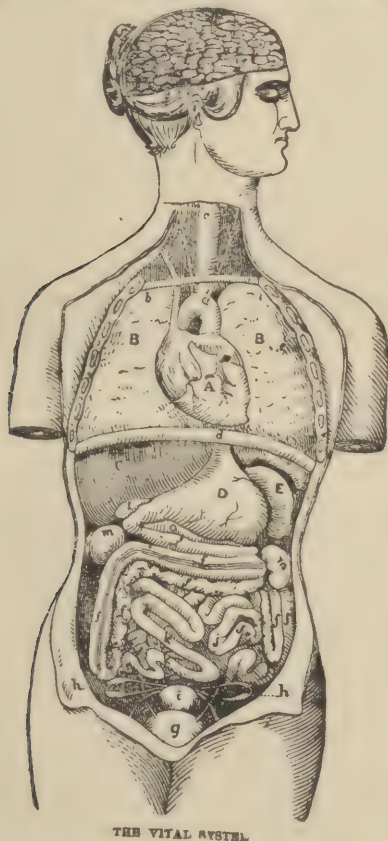


FIG. 47. —*Dress.* A, heart ; B, lungs ; d, diaphragm ; D, stomach ; C, liver ; E, spleen ; m, kidneys ; f, intestines. All these vital organs lie around the hips ; by compressing the hips by means of a corset or belt, the liver, the stomach, spleen and kidneys are directly impeded, and also crowd the heart and lungs upwards and the intestines and genital organs downwards. Tight-lacing in itself is sufficient to account for at least one half of all the female complaints. Why do the women lace themselves ? So that some silly youngster may say of them : See that small waist ! Is this remark a recompense for life-long misery ? Some women say, the corset is necessary to support the breast ! But if they would tone up their nerves, not by drugs, but by hygienic means, no artificial support would be required at any age.

fering expresses itself in the female figure, features, and complexion. Liver and spleen swell, widening out the hips; the inactive liver does not secrete the bile and costiveness sets in whereby the faeces are unnaturally retained, widening out the intestines and causing a high abdomen. The bile not being removed from the blood, causes the complexion to assume an ashen yellow hue, while spots, blotches and warts mar its natural beauty. The general feeling of ill-health makes the features look pinched, bloated and wrinkled, destroying the lustre of the eyes. The ease and spring of the step are destroyed, and the disposition is eventually soured.

In a long walk through a crowded thoroughfare, it is a rare occurrence nowadays to meet even an ordinarily good-looking woman, setting aside the question of a beautiful one. Their complexions are sallow; the skin flabby, the eyes dull, the arms are either too thin or unnaturally bloated, and the features are irregular and angular. *It is really irony to talk of the "beautiful sex."* They are conscious of their ill-looks, and try to hide their increasing ugliness by art. There are dyes and wigs for the hair; artificial teeth, bosoms and hips; rice-flower answers for a pearly tint, and the rosy hue of the cheeks and lips can be bought for a few cents from the druggist. The lustre of the eyes is enhanced by penciling the eye-brows; the height is increased by high heels, etc., and this cheat is what man is expected to admire. *Is that beauty?* This sad state of affairs is largely the outcome of wearing the corset.

As with a deer, so all healthy and young animals have a slim waist, and preserve it without a corset as long as they live. By eating meat, spices, and cooked food, you have to eat three or four times more than is necessary; and as by these means costiveness is induced, the waste material is not promptly carried off. These circumstances combine to bring about the conditions already described. Live normally and you will have a small waist, without periling health to secure it by the disastrous use of a corset.

A healthy maiden does not have a large waist; and when matrons attribute their awkward shapes to the fact of having gone through the experience of motherhood, they should look at the slender shape of a doe, for they could not guess whether the dainty animal had given birth to a dozen young or to none at all.

Some women assign as a reason for wearing stays, the alleged fact that these articles of dress keep their organs in place and strengthen the back. The females amongst the Greeks did not feel this necessity, neither were they visited by the thousand and one ailments of the modern woman.



FIG. 48.--This exquisite form, the admiration of every true lover of art, beauty, and Nature, was developed without the use of a corset.



FIG. 49.—*Apollo Belvedere.*

These cuts have been inserted that our readers may have an opportunity to impress the outlines of beauty, health, and grace on their minds. If our young friends do not want to become wretched, they should see that their mates for life come up to these normal standards as closely as possible.

They furnish us with the highest standard of feminine beauty. Can you imagine a Greek goddess wearing a corset? Could Venus have enhanced the beauty of her contour by wearing stays? (Fig. 48, 49.)

Once a young husband told Seb. Kneipp that when he married, he thought he would have a helpmate to carry with him the burden of life; but that now he had to make the greatest exertions to pay the doctor and apothecary, and that, by way of recompense, he had incessant misery before his eyes. Under such circumstances, such unreasonable women can hardly complain if they are neglected, forsaken and despised by their husbands. Natural beauty and grace is lost with health. *All that causes loss of health, causes loss of beauty. Men ought not to marry women who persist in deforming themselves in this way, unless they are reconciled beforehand to the idea of spending their income in doctors' bills.* (Fig. 50.)

Be it said to their credit, the corset is about the only abomination against which medical men have raised their voices! Do we hope to convert many women by our exhortations and remonstrances? No, indeed! Medical men have signally failed in this, and we do not expect to be any more successful. Women have minds of their own, and neither reasoning nor entreaty will alter their course. We have never yet found a woman who conceded that she laced too tight; and as long as they thus deceive themselves, they are beyond the reach of argument. Indeed, more than enough has been said to dissuade them from their folly. To those who persist in closing their ears to reason, because it does not appeal to them or because they lack the necessary intellect to respond to argument, we can only say, "Go ahead!" They will die the sooner, and with them will perish ignorance and perversity. In their death they will make room for a more reasonable generation. We think the only positive cure for the folly of wearing a corset would be, if all men would refuse to wed with ignorance.

Tight garters, also, are injurious, impeding the circulation, and leading to varicose veins and open legs.

Veils not only spoil the eye-sight, but likewise retain the foul breath just exhaled, and the wearer thereby slowly poisons herself by her own secretions.

Men, too, could reform somewhat in their manner of dress, renouncing starched shirts, heavy underwear and overcoats.

Some people seem to consider themselves to be little more than stalking clothes racks, on which to hang the vagaries of fashion.



A MODERN BEAUTY TAKEN TO PIECES.

DRESS-PARADE.

FIG. 50.—*A Beauty at Home and Abroad.*

Her perverse diet and the use of the corset have caused torpidity of the liver. From it have arisen : a yellow, sallow complexion, pimples, warts, etc. These defects, however, together with the rice-flower and rouge, employed to hide them, could not be reproduced on the cut. Lying and misrepresentation of any kind, we consider most harmful, and hence to call women nowadays 'the beautiful sex,' appears the height of sarcasm.

The female sex is daily degenerating under the consequences of an improper regime and the harmful fashion of dressing. The use of the corset in itself is quite sufficient to account for half of the general ugliness of the modern feminine sex. There are a few exceptions, and they atone for the universal degeneracy, and demonstrate what might be the case if women would try to live more rationally.

Faces, radiant with genuine happiness, are as rare as beautiful ones. From the faces about us, we read : indulgence, doubtful morals, discontent, uncertain temper, etc., etc. All this is anything but an encouraging outlook for the future of the human race. Watch the women on any of our great thoroughfares. Imagine them without their artificial finery and make-up ! What is left ?

A being with knock-knees, high abdomen, flabby breast, arms either like sticks or else puffed up like sausages, with hardly strength enough to raise their own weight. Skin lifeless ; yellow complexion, harsh features, etc., and such a composition claims the epithet of "A Beauty." What women have lost in personal charms they try to replace by style ; this, however, is a poor substitute. We speak of the average ; there are some exceptions. If the women were not totally blind, if they were candid to themselves, they would see themselves as others see them. It is not our intention to overdraw the sketch ; our purpose is solely to arouse them from their lethargy and induce them to take steps to regain what they have lost. The method is simple enough—eat and live more normally. From our funeral sermon on female beauty, it might be inferred that we considered the men of the present day paragons of beauty. The men, however, are possibly even inferior to the women in this particular.

Silk worms must lose their lives by myriads ; sheep are robbed of nature's covering ; beautiful songsters are shot from forest trees ; gambolling kids are relentlessly slaughtered—all, that devotees of style, more liberally endowed with money than brains, may strut in vain-glorious attempts to outshine the peacock. Verily, Solomon in all his glory was not arrayed like one of these !

As a consequence of all this, our fashionable lady feels herself perfectly fetching, admirable, charming—in a word, *irresistible*, which is the secret of the whole display !

This then is their grand aim in life, affording them the greatest satisfaction.

Priessnitz always required his patients to lay aside all flannel and other underwear, saying that they made people delicate. Many hydrotherapists advise going barefoot whenever Dame Fashion will permit.

People should adopt heelless boots with pliable soles and perforated uppers, to give the foot full action and ventilation. They should also discard gloves. As for general dress, why should not the gymnastic costume be adopted for the street ? There is nothing objectionable in it, and there is much to commend it to our consideration.

In summer, the author wears no underwear, and in winter, the thinnest obtainable. He is not particular as to material ;—the recommendation of a special material usually results in a bleeding of the public by manufacturers. Summer and winter he wears the thinnest cotton socks ; only in winter, before going out he takes the precaution of showering his feet with cold water and then puts on dry socks. No matter, how bad the slush may be, within a few minutes his feet will be burning hot, and will remain so for hours.

For footwear, we recommend shoes with the uppers perforated, or else sandals. The less the feet are clothed, and the colder they are treated the warmer they will feel. But a person delicate and not used to such exposure, must commence by degree, otherwise a severe crisis may be brought on.

W. W. Hall, M.D., writes : " The more clothes a man wears, the more bed-covering he uses, the closer he keeps his chamber—whether warm or cold—and the more he confines himself to the house, the more readily he will take cold, under all circumstances ; just as the more a thriftless youth is helped, the less able does he become to help himself." (29.)

This much our medical hygienist knows, but he does not know the rationale of it at all.

Gouty people also dress too warm, unduly pamper themselves, and shun everything bracing. They shrink from cold water and fresh air as things of evil, choosing rather hot baths and close, hot rooms. Overheated rooms, bad air, and tight clothes cause a large percentage of the forms of disease from which people suffer. Air may be impure from material admixtures such as dust, etc. To this is due the great mortality among stone masons, hat manufacturers and other artisans of like trade. Their lungs eventually become loaded with these fine particles and death ensues.

Every question has two sides. We have the choice between enjoying the satisfaction of wearing tight-fitting clothes, and then bear the misery* sure to follow; or may be less fastidious now, and enjoy good health ever after. From the course you choose, you may judge for yourself whether you rank with those whose follies are monumental or class with the truly wise, who regard substance as of more value than shadow.

* This habit of looking upon life as a burden is almost universal, and demonstrates how perverted man's ideas have become. Life is not a misery or burden to wild beasts as we may readily see. If man considers life a burden it is only of his own making. In every case of misery, it can easily be shown, that it is the result of our own perverse living, and subsequent perverse ideas of life.

VITALITY.

CHAPTER 12.



IN order to explain how man becomes sick at all, or, in other words, how deposits of corrupt matter are allowed to form, and why the body does not remove them under all circumstances, we are obliged to refer to the hypothesis of a peculiar force, called *Vitality*, *Vital Power*, or *vis medicatrix*. (FIG. 51.) It would appear from all that has been written on the subject, that each individual is endowed at birth with a certain fund of vitality, which can in no way be increased,

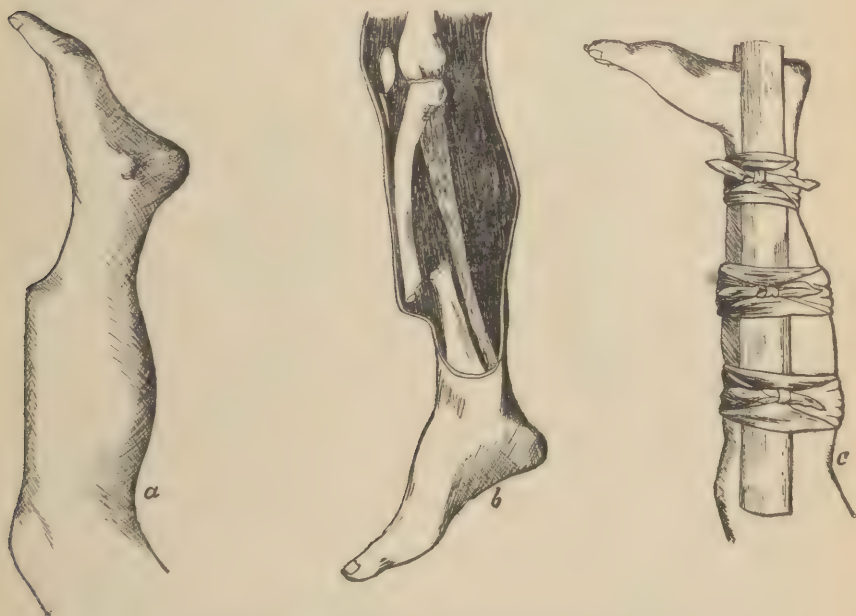


FIG. 51.—*Nature cures*. When a bone is broken, all a physician can do, is to set it; it is Nature alone that cures it. So it is with every other abnormal condition. Sickness is caused by the presence of corrupt matter. We must assist nature to remove such deposits. Drugs increase the quantity of foul material.

but is daily expended in the various functions of life. Of this force, a definite amount is allotted to each organ. Its office is twofold—to superintend both the assimilating as well as the depurating process in each individual organ. Now, as too much work causes fatigue of the muscles, so any excess will cause an exhaustion of the respective organs. This implies that by such excess, the food supply as well as the cleansing of the organ have remained below the normal; then deposits commence.

Vital force, however, not only can be lowered, but can also be somewhat restored. The most powerful means to this end is restful sleep. Next in importance comes exposing the bare skin to the daylight, and, lastly, exercising the muscular system. Vitality may be compared to the spring of a pendulum clock, which is most active when first wound. As its spring uncoils, its force wanes. If dust lodges between the wheels of the mechanism, its action is retarded, and a larger particle may stop it entirely. The removal of the obstruction, will start it again, and by using a stronger spring it will run more quickly. This is indeed a very apt comparison. Our vitality is most vigorous at birth, and its power decreases with the rapid growth of the organism. In proportion as its power is expended, growth becomes slower and finally stops. Its action is impeded if any foreign matter insinuates itself into the substance of the organs. Some substances,—for example, *cyanide of potassium*, will stop it instantly and permanently. In most cases, a cleansing by natural means will induce it to resume its normal work at the point where it left off. By perverse habits of life,—eating and drinking too much, using improper foods and drinks, changing night into day, sexual excesses and by other follies,—vitality is rapidly exhausted, and early death ensues. It appears that our bodies require a certain amount of strength, vital power, or vitality, to throw off and resist sickness.

This energy is expended by fatigue, by the work of the day, by hunger, etc.; hence we are more prone to infection after a day of active labor than we were in the morning. Restful slumber during the hours of night recuperates vitality. When vitality is lowered, the *vīs medicatrix* (mending power) operates imperfectly. *All sickness originates in the nerves* being over-taxed and over-stimulated,—as, for example, by sexual excesses,—more nerve power is expended in a given time than the body is able to replace. If we habitually take unnatural food, vitality is exhausted in the effort to eject it from the system. Vitality is the force which resists the injurious effects of changes in the weather, or protects us from infection, sickness and death. In contending with disease, vitality is

diminished, but it may be restored, to an extent, by removing the cause, *i. e.*, the chronic deposits. But while this is possible, it is more rational for us to economize our vitality by strict adherence to the laws of nature, and, in so doing, spin out our lives to the farthest possible limit. If we could really add to our fund of vitality in any way, indefinite length of life would be possible. Every cure of bodily ailment consists of the raising, or, rather, *restoration* of our vitality. This is accomplished by purifying the body of its foreign matter, and in proportion as vitality is restored, it will resume its office of cleansing the organism. (FIG. 52.)

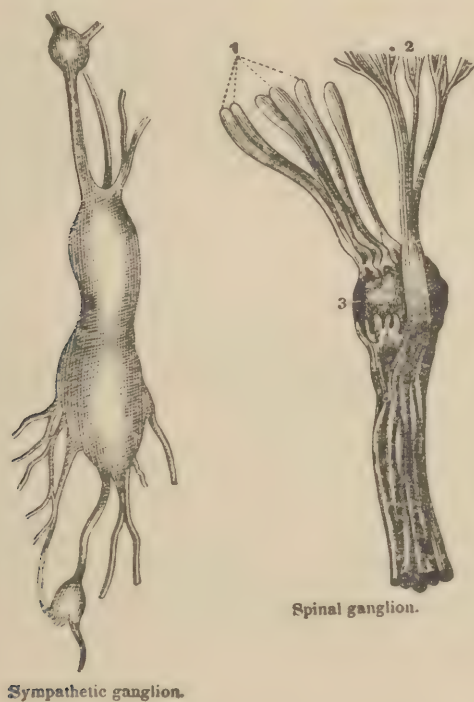


FIG. 52 --A *ganglion* is an enlargement in the course of a nerve. All motions of muscles are governed by nerves. Of these we have two sets; such as are governed by our will (for instance, the spinal ganglia), and others, independent of the will. The latter govern the action of the internal organs, such as the heart, liver, kidneys, etc. Longevity and the power to resist disease seem almost entirely vested in the sympathetic ganglion.

Vitality is exhausted by irregular hours, or want of *sleep*. People retire too late, use condiments, spices and narcotics, dwell in hot rooms,

sleep under too much or too little cover, sleep upon too soft or too hard couches, partake of too much or too little food, give way to anxiety or worry or in other ways disobey the laws of nature. Sleep artificially induced by sedatives is never refreshing. Whenever we feel sleepy or commence to yawn, we should regard this hint of nature. Some nervous people are afraid to retire early, fearing lest they should not be able to sleep at night; quite the reverse would be the case. People whose nerves are exhausted, should be treated like infants, and should divide their time between eating and sleeping, until their vital power has been recuperated. Wakefulness leads to great debility; such patients will rapidly lose ground, and insanity will ensue if the evil is not checked by natural means. If we would always listen to nature, we would never go astray. Sleep should not be interrupted; invalids, especially, should not be awakened. Deficiency of sleep is exhausting in the extreme. Adults need at least from 7 to 8 hours slumber and children more, in proportion to their youth. Our sleep should be between the hours of eight at night and six in the morning. To make up during the day-time for what was lost at night is a poor make-shift, and little refreshment will follow.

"We caution parents particularly not to allow their children to be waked up in the mornings; let nature wake them up; she will not do it prematurely; but have a care that they go to bed at an early hour; let it be earlier and earlier, until it is found that they wake up themselves in full time to dress for breakfast. Being waked up early and allowed to engage in difficult, or any studies late, and just before retiring, has given many a beautiful and promising child *brain fever*, or determined ordinary ailments to the production of *water on the brain*. Infants cannot sleep too long, and it is a favorable symptom when they enjoy a calm and long-continued rest. They should never be awakened, and thus deprived of the greatest support nature has given them." (30.) Night is the time which nature intended for sleep. *Turning night into day is the cause of many ailments.*

Next to sleep, the exposure of the naked skin to the influence of *light*, is the best means of stimulating our flagging vitality. Being deprived of the revivifying power of sun-light, our nerves lose their healthy tone, and this gives rise to innumerable nerve-diseases. We think that one-third of all our ailments could be prevented and cured by this simple means. "*Light* is indispensable to health, and where it is lacking, the whole body suffers." (31.) Dr. Lewis says: "Very intimate relations exist between the sun and digestion. Digestion and assimilation become

weak and imperfect if the man or animal is not daily exposed to the direct rays of the sun."

Sir James Wylie says that, "The cases of disease on the dark side of an extensive barrack at St. Petersburg, have been uniformly, for many years, in the proportion of three to one to those on the side exposed to strong light."



FIG. 53.—*How the author sleeps; his head below the level of his feet.*
(The artist misrepresented him as reading in this position.)

Impurities, the cause of all disease, follow the law of gravity in the human body, *i. e.*, they tend to occupy the lowest part. When a person habitually sleeps on one side, the corrupt matter will settle in that side during the long hours of night, and predispose that side to disease. As the legs constantly occupy the lowest position waking or asleep, the foreign matter settles in them, and the blood being thus crowded out, is driven to the head. As the blood carries with it the principle of heat, this circumstance accounts for the cold extremities and hot head of most adults. The author sleeps a couple of hours on one side, and then turns over on the other; besides, as during day-time, his head is uppermost, during the night, his feet are highest. These precautions insure a thorough shaking up and prompt elimination of any effete matter.

Dr. Forbes Winslow uses the following language: "It may be enunciated as an indisputable fact, that all who live and pursue their calling in situations where the minimum of light is permitted to penetrate, suffer seriously in bodily and mental health. The total exclusion of the sunbeam induces the severer forms of chlorosis, green sickness, and other anæmic conditions depending upon an impoverished and disordered state of the blood. Under these circumstances the face assumes a death-like paleness, the membranes of the eyes become bloodless, and the skin shrunk-en and turned into a white, greasy, waxy color; also emaciation, muscular debility and degeneration, dropsical effusion, softening of the bones, general nervous excitability, morbid irritability of the heart, loss of appetite, tendency to syncope and hemorrhages, consumption, physical deformity, stunted growth, mental impairment, and premature old age. The offspring of those so unhappily trained are often deformed, weak, and puny, and are disposed to scrofulous affections."

And again he says: "It is a well-established fact that, as the effect of isolation from the stimulus of light, the fibrine, albumen, and red blood-cells become diminished in quantity, and the serum or watery portion of the vital fluid augmented in volume, thus inducing a disease known to physicians and pathologists by the name of *lukæmia*, an affection in which white instead of red blood-cells are developed. This exclusion from the sun produces the sickly, flabby, pale, anæmic condition of the face or exsanguined, ghost-like forms so often seen among those not exposed to air and light. The absence of these elements of health deteriorates by materially altering the physical composition of the blood, thus seriously prostrating the vital strength, enfeebling the nervous energy, and ultimately inducing organic changes in the structure of the heart, brain, and muscular tissue."

"A sunbeam is a small thing, yet it has a power to fade the carpets and curtains, to rot the blinds, and for this reason some folk carefully exclude the sunshine. What is the result? The family is always ailing; the young girls have a waxen white skin and a weary, pinched expression of countenance. Their appetites fail; they fall into such a bad state of health that the doctor is called in. In olden days he would have shaken his head, perhaps, and friends would have whispered that dreaded word decline! "Nowadays, he notes the pale gums and waxen skin and says 'anæmia;' prescribes iron and milk, fresh air and exercise, and often a change. If he knows nothing about the darkened rooms he will be puzzled as to why no permanent improvement manifests itself, and possibly the patient will seek other advice."

No room without sunshine is fit to live in. Sunshine purifies the body and mind, as it disinfects the foulest mud.

The light of day which is so necessary for the health of our skins is also needful for good eye-sight. Injury done to the eyes may manifest itself in many ways; sore eyes, squinting, *cataract* and many other troubles are found upon the list. All these forms are caused by the presence of abnormal matter in the system, brought there by a perverse dietary, or retained by an inactive condition of the eliminating organs. Sore eyes secrete corrupt material. In a healthy person, eyes and ears are not secreting organs. If matter is thrown off by these organs, it is a sign that the patient's natural organs of secretion, the bowels, the kidneys, the skin, or the lungs, are inactive. Indeed it proves that the entire body contains diseased matter, which it attempts to remove the best way it can, by forcing *it* out of the fine, delicate mucous membranes of the organs of senses. If the foreign matter settle in the transparent parts of the interior of the eyes, obscuring vision, the patient will involuntarily bring objects nearer the eyes than is normal; this gives rise to both squinting and near-sightedness. Sore eyes usually attack the young, with whom the vital power is still sufficiently vigorous to actually throw the corrupt matter out of the system. If the vitality is already considerably reduced, the foreign matter will establish itself chronically in the eye-ball, dimming vision more and more, till total blindness is the final result. Knowing the cause of all these troubles, *nothing is easier than to prevent any such difficulties from the start, or to stop further progress, and to effect cure.* The first thing to be done is, to cut short the farther introduction of unhealthy material into our body; we must eat, drink and breathe nothing but what is wholesome. And, secondly, we must stimulate our depurating organs to resume work, by natural processes, such as, exposing our skin to the light of day and to pure air; getting sufficient sleep during the hours of the night; taking physical exercise and mental recreation; attending to the regular evacuations. *That is all that is necessary. That is all that can naturally be done, and is all that should be done.*

But what do our great *specialists* prescribe for the eye, ear, nose and throat? Not knowing that the matter secreted is *foul* matter, they try to suppress it by salves, eye-waters, touching the mucous membranes with nitrate of silver, and performing other pleasantries which make the patient's hair stand on end; and all this as a gentle beginning. None of these eminent coryphæi of medical science (!) ever thought of tracing these evils to their primary cause so as to eradicate them from the root. By their caustics, they increase the irritation of the membranes, and draw

more and more impurity there. They never cure sore eyes by their procedure ; deafness not seldom results from running ears, when treated by specialists, and these people frequently bring on blindness. Instead of trying to correct squinting by cutting the muscles of the eye-ball, or instead of correcting near-sightedness by eye-glasses, our specialists, if they were not themselves mentally so short of vision, would in the first instance try the effect of a process of a cleansing of the entire system by natural means. They would soon find that those defects would rectify themselves as naturally as they came on. No mutilation of the eye by the knife or eye-glasses is necessary. The same principles hold good for the affection of any other organ. (Fig. 54.)

Dazzling walls opposite our windows, doing fine work by a dim light, or straining the eye to the extent of fatigue, sudden changes in the intensity of light, in short, everything that will irritate or inflame the eye, will injure it, especially when the body is encumbered with foreign material.

In squinting, it happens not infrequently that the afflicted person uses one eye only. *The other eye then will turn blind from sheer disuse.* This is another proof that our organs were created for work, and that nothing but exercise will keep them in good condition. Taking away from an organ the labor naturally intended for it, lowers the vitality of that organ.

In the case of a cataract, the crystalline lens or its capsules become opaque, and thus obscure vision ; or the body selects the liquids of the eye, or the optic nerve, as places for deposits. This always occurs in cases of low vitality, poor digestion, cold limbs, hot heads, bald-headedness and in people who have sustained many attacks of illness and submitted to a good deal of drugging and consequently strain upon their nervous systems. *A person with a body otherwise healthy, can never become blind or deaf.*

One of our dry goods kings turned blind a few years since. While the case was still recent, the writer of this article felt confident that our natural methods might restore his sight. At the worst, no harm could come from a trial ; and the patient's general health would certainly be improved. Knowing well that we could not reach the patient directly on account of the general prejudice against our mode of treatment, we addressed his oculist, one of the first in the country, who had pronounced the case incurable. Stating our opinion, we asked his aid in inducing the patient to test our harmless methods. He was not enough of a gentleman to even reply, and thus the patient was sentenced to perpetual darkness by this noble (?) specialist, to whom the public looks up with admiration !

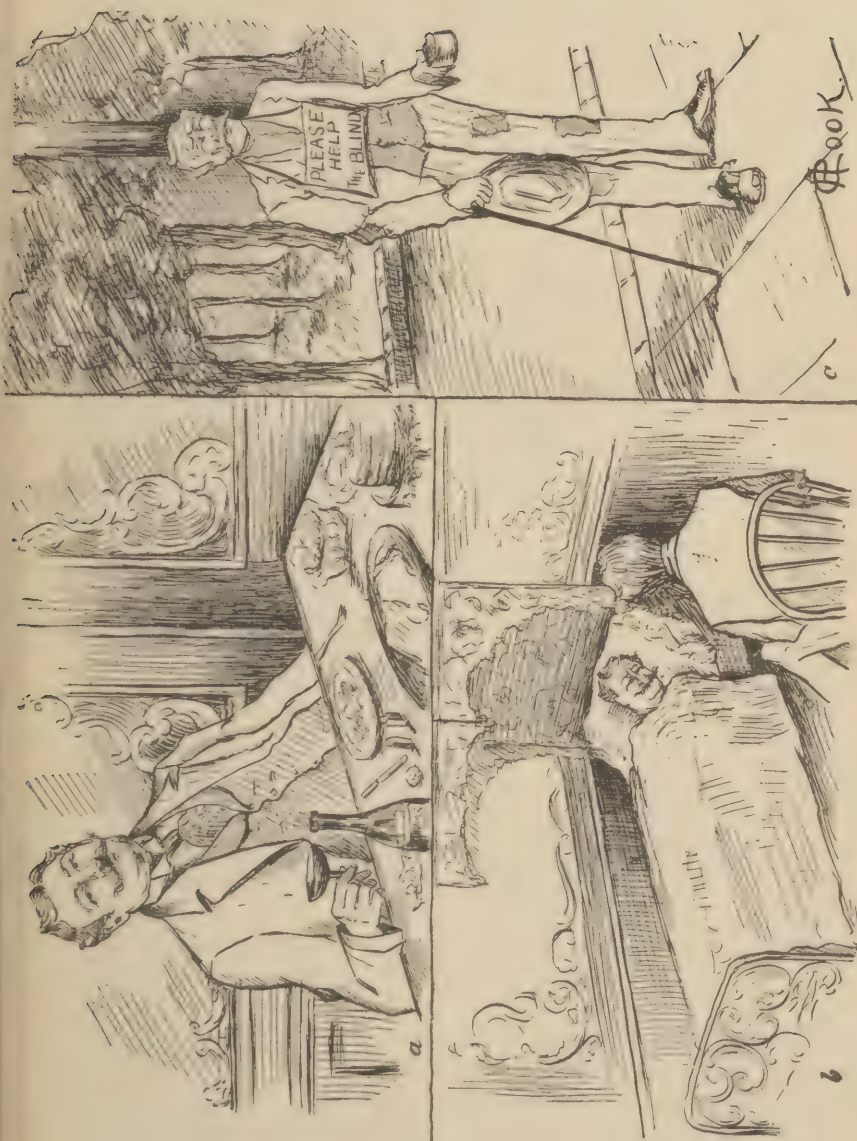


FIG. 54.—*Evolution of Blindness.*

a. Our gourmand is laying up large chronic deposits of corrupt matter in his system. *b.* His system makes a violent effort to cleanse itself, in the form of an acute attack of fever. The medical attendant, not understanding the nature of fever, suppresses it by his poisonous drugs, drives the foul matter back into the blood, and also kills the nerves by the poison. *c.* is the consequence of such irrational drug treatment.

We rather think that such conduct deserves the pillory of public contempt.

As to *exercising* our muscular system, it is as with every other function—every excess, doing either too much or too little, will give rise to disorders. Exercising consists of the alternate contraction and relaxation of the muscles. In this way the blood surges in and out of the muscles, facilitating the exchange of molecules. We see, therefore, that a mild system of exercising must be beneficial to health. Exercising also stimu-



FIG. 55.—*Exercise.*

Each muscle acts the part of a heart ; by its extension and contraction the blood surges in and out, facilitating the exchange of old for new matter.

lates the heart to quicker pulsation. As long as this is kept within bounds, it is conducive to our well-being ; but if carried so far as to produce fatigue and exhaustion, the heart increases in size out of proportion to the body,

and valvular irregularities set in, which may terminate fatally at any time. Exercising too little, either prevents the muscles from being properly nourished, or prohibit their being relieved of effete matter ; this latter will then accumulate, and form deposits. After losing a tooth, the corresponding upper or lower tooth, will soon decay for want of exercise. (Fig. 55.)

Exerting oneself more than is necessary for the exchange of particles, simply wastes vital energy, and leads to many forms of disease, wasting palsy among them. Hence, exercise should always be in moderation ; too much is as injurious as too little. Fatigue is nature's hint that rest is necessary. This holds good for mental as well as for bodily exercise. Those who have gone through too severe a training, become in the end, dull, listless and stupid, subject to many diseases, and often the ultimate victims of gluttony and drunkenness.

All functions require nerve-force ; if we exhaust the supply of nerve-power in any one organ, the rest, too, will suffer from lack of it, and sustain harm in consequence. By overtaking our muscular systems, the digestive power of the stomach and liver, or the kidneys may suffer damage.

The majority of persons seem to believe that if they exercise until they are thoroughly fatigued, they have accomplished a great deal. In this, however, they make a grievous error. *Fatigue* evinces exhaustion, an overtaking of the vital power, and is always injurious.

"The observations made by the physicians of the Greek, Roman, Arabian, and Italian schools, respecting excessive physical exercise and the maladies incident to it, admit of but one rigid interpretation, *viz.*, that such exercise ensures premature decay and early death." (32.)

"Excessive work of all kinds is really the great bane of our country, as it unfortunately ever will be in all new, large and undeveloped countries, where the race for wealth and advancement is carried away beyond the bounds of judgment, and with total disregard to the rules of hygiene."

Here we wish to expose the old error that *rupture* is caused by over-strain. *A perfectly healthy person cannot rupture himself.* If a task is beyond his strength, the muscles will refuse to work, but hernia will not occur. Why is it that some will be ruptured without any apparent cause, whereas acrobats may subject themselves to the severest tests with impunity ? Because the latter are in good health, whereas the tissues of the former are quite degenerated, tearing like sheep-skin, and thus allowing the intestines to escape. Ruptures of any kind can be prevented by proper living.

Lack of exercise leads to as bad results as the other extreme. Nowadays, *people sit too much*. They rise from a chair, to take the carriage or car, seating themselves again when they reach their destination. Some people are on the legs less than an hour a day, and sit for twelve hours and more. Under these conditions, the limbs either emaciate, or develop fatty degeneration. Constipation, liver complaints, and piles are other complaints equally discomfoting which are incidental to our sedentary habits.

The activity of children causes their blood to be constantly stirred up. Adults being less given to exercise, find that their blood stagnates. Foreign substances then settle in the lower portion of the body, crowding out the warm blood, which congests above. This is the cause of cold feet and a hot head. People who are in the habit of taking Russian or Turkish baths, aggravate this evil, as in those baths the feet are in the colder, and the head in the hotter space. Those whose occupations compel them to stand much, or who exercise little, suffer from swollen legs, and frequently become victims of palsy. The left arm is usually less employed than the right; this is the reason why more cases of apoplexy occur on the left side, and shows the great importance of using both sides of the body equally. With other people, we maintain that *our race would develop more normally were it left to the impulse of children to decide which hand they would favor*.

We must not expect the body to do two things simultaneously. The activity of any organ draws an extra blood-wave to that organ. If two organs are called upon for action at the same time, the vitality is at a loss where to send the blood; any two activities always interfere, and are prejudicial, one to the other and consequently to the general health. Thus, one should not bathe, exercise, or attempt mental labor, on a full stomach.

Sir Busick Harwood made a thorough test of this theory and found that in a dog which had remained in his kennel digestion was nearly completed, while in the other which had been led a prolonged and severe chase, the digestive process had scarcely commenced. The inference was conclusive, that severe exercise should not be taken immediately after a hearty meal.

To apply this truth more broadly: "the three years immediately preceding seventeen, are years of great mental development, and nature cannot at the same time endure any severe taxing of the physical constitution.

"These Rules apply also to mental exercise. The brain should not be heavily taxed immediately after a hearty meal. Doing so, leads to indigestion and to other disorders consequent thereto. The same law holds good in physical as in mental work. Indeed, literary men, and

those intensely and severely devoted to business, are the greatest sufferers from indigestion." (33.)

Every meal, bath and exercise, should be followed by a sufficient time of repose, before any second task is imposed on our system. Digestion, too, requires the expenditure of vital power, and should not be expected to take place immediately after great exertion. Many factory hands, having half an hour for meal-time, will bolt their dinner hot, unmasticated, and uninsalivated, in ten minutes, to have some time left for a smoke, conversation, or game. If their intention be to make wrecks of themselves, they could scarcely choose a more effectual course.

Exercise leads to increased strength—Inaction results in weakness. The natural pleasure arising from physical exercise, is enhanced when its results are seen to be useful and practical. The great value of physical and mental activity also becomes obvious from the fact that "the average duration of the life of men after retiring from active business is less than three years."

People go to the seashore and mountains, employ outdoor exercise, etc., to raise their vitality, so as to throw off any injurious matter, but they are not the least careful to refuse it admission daily, but fill themselves with improper food and drink, and lower their vitality in every imaginable way.

Another important factor, tending to lower vitality, is *tobacco*. A man in perfect health who tries tobacco for the first time, will be nauseated; but by trying again and again he will overcome the first effect. He accounts for this by saying that his stomach was too weak in the beginning and could not endure the tobacco; but, later on, it grew stronger. How could his stomach have been in perfect health, and weak at the same time? That is quite illogical, the very reverse being the fact. When the nicotine was first introduced, the stomach, still possessing all its pristine and youthful vigor, was *powerful* enough to rid itself of the poison by vomiting. But if the poison is forced upon the stomach again and again, it finally succumbs, and relinquishes its struggle. Tobacco is just as harmful each time it is used, as it clearly proved itself to be at the first.

This instance affords a splendid illustration of *the action of medicines* and of the *mistaken idea of the public* regarding their action. Suppose that, in consequence of a cold or an unusual excitement, our system be thrown into a fever, *i. e.*, into a salutary crisis, so that a catarrh of the head or exudations and discharges of various character appear. The matter thus eliminated we are well rid of, but both the public at large and the drugging schools, not understanding the beneficial nature of such a reaction,

agree that the sufferer should take some more poison under the euphonic and delusive name of "medicine." No sooner does the system perceive this new enemy than it battles against it, as mercurial compounds are of a more rankly poisonous nature than the original disease—and our system relinquishes its efforts to throw off the poison of the disease. The discharges stop in this way for a time and both the patient and his healer (?) believe a cure has been effected! In reality, to the original poison, a large quantity of new poison has been added, and the seed is sown from which may spring any one of a train of hideous maladies. All other drug cures (?) are on a par with this; and yet under our simple but natural methods scarcely any other forms of ailments are so readily and fundamentally gotten rid of as catarrhal and all other discharges.

* "TOBACCO is one of the most deadly of known poisons. Few substances on this earth will, when taken into the bodies of men or animals, destroy life in a smaller quantity or in less time. Close observers are beginning to see and realize the fearful consequences which result from its use. Careful inquiries made in our schools and colleges within the last few years have shown that its use most seriously interferes with the orderly development of both body and mind, lessening the development of the body, as shown by actual measurement in height, breadth, and lung capacity, and lowers its abilities for active work or exercise of any kind. Its use also seriously interferes with the growth of the mind during childhood and youth, and makes the acquisition of knowledge for those who use it far more difficult, as is manifest from the average inferior scholarship of the students who smoke or chew, when compared with those who do not use it. It also, in a large number of cases, impairs the eye-sight. The greatest living English writer, John Ruskin, says: Tobacco is to-day the worst national curse of civilization. The London *Lancet*, the greatest medical authority in the world, renders this verdict: 'The habit of smoking, especially of cigarettes, is alarmingly on the increase. In view of its well-known deleterious effects, we would entreat the youth of our country to abandon it altogether. Let them give up a dubious and generally dangerous pleasure for a certain good. Ten years hence, if they follow our advice, we shall receive their thanks.' Professor Orfila, president of the Medical and Scientific Academy of Paris, says: 'Tobacco contains the most deadly and subtle poison known to the chemist, except prussic acid.' Dr. Willard Parker, of New York, says: 'Tobacco is

* The following page is partly quoted from 'A Tract for the American People.'

undoubtedly not infrequently the cause of apoplexy, so common of later years among business men.' Dr. Landen, of France, says that the testimony of the College of Physicians of France is that 20,000 die annually of tobacco poison, either directly or indirectly. A vast number of young men are handicapped for life, by their inability to fill responsible positions and do active work, being impaired and the confidence of employers in them shaken. So far as known, with the exception of the opium and morphine slavery, there is no habit so difficult to give up and escape from as that of using tobacco, as tobacco-using drunkards have so often testified. A man who has been a victim of the tobacco habit requires a strong will, and even then cannot always give it up. The diseases which result from the use of tobacco are something fearful. Cancer of the mouth and throat, and the most fearful cases of dyspepsia, are among the worst. Besides, tobacco frequently causes heart-failure, palpitation and irregular action of the heart, paralysis, and sometimes death during sleep. The users of this narcotic become more susceptible to disease, and have less power of resistance when attacked than do those of good habits. Tobacco also causes color-blindness, nervousness, trembling, sleeplessness, etc. The use of chloral, ether and chloroform, as well as opiates, are very ruinous to health.

Nevertheless, with the exception of tobacco, those narcotics were first prescribed by the drug profession, and humanity is indebted for the misery accruing from their use to our drug poisoners exclusively. It seems a fateful recompense that misery often leads in time to the use of opiates and narcotics; and still men will continue to take these substances which can do nothing but injure them.

*The craving for tobacco and morphine is caused by a morbid physical condition, as an abnormal state of health is the parent of all unwholesome appetites.** On the other hand, impaired health perverts natural desires. An inveterate smoker of tobacco seldom cares for fruit and may even have an aversion to it. A sick person longs for everything unnatural; whereas a healthy man experiences no more desire to smoke than a little girl would. People who smoke are sick; they are chronically encumbered. Physicians who smoke are sick; and a test by our *Facial Diagnosis* would prove this to be a fact in every case. No sooner is a patient's system brought back to its normal state than any unnatural desire for

* We would beg leave to mention here, that our methods of treatment, aiming at the establishment of a normal condition of the body, readily overcome all unnatural cravings, such as for alcohol, tobacco, the morphine habit, etc.

meats, spices, tobacco, alcohol etc., will leave him. The effect of an "after-dinner" smoke, so greatly enjoyed by many of the drug profession, is highly prejudicial to health. When a person has eaten to surfeit, and then has recourse to tobacco, the effect of the nicotine is such that the stomach is immediately relieved of part of its contents and feels eased. But the matter thus prematurely thrown into the bowels is still undigested, and is not in a fit condition to be received by the intestines. There it must remain, a burden, a nuisance, and an injury to the system, until finally the ill-digested matter is thrown out of the body; but the evil results of such treatment are permanent. It uselessly exhausts the powers of digestion in forcing them to contend with foreign matter, though the harm done often escapes our immediate notice. When, in course of time, the ill effects begin to tell, people fail to trace the result to its true source, and blame "old age" for decay, when man should be in the prime of life. The fact that the consumption of tobacco is increasing, clearly marks the decline of the general health. In Austria, the consumers of tobacco pay 13 per cent. of all taxes. They have put this tax upon themselves.

Sometimes we hear persons say: "I know a man who reached the age of eighty, and yet he used tobacco, alcohol, and meat all his life. However "one swallow does not make a summer," and no one can tell to what age he *might* have lived had he abstained from these injurious articles.

SEXUAL EXCESSES AND THEIR CONSEQUENCES.

. CHAPTER 13.



THE question to define is,—what constitutes excess? People may eat to excess, drink to excess, or admire the opposite sex to excess. Anything too little or anything too much, anything below or beyond the limits fixed by nature, constitutes an excess, or a deficiency. Either is harmful. Mankind has lost its norm as to what, when, and how often it should eat; and so, too, it has lost its standard in regard to sexual indulgence.

If you look for information on this point in medical text-books, you will be further misled from nature than before. Some medical writers say this act may take place once a week; others allow it but once in a month. As in everything else, so in regard to sex, the drug people merely guess, each suggesting what he personally thinks best; but their ideas are contradictory and not founded upon a fixed principle. And yet, the answer is so simple.

In nature, sexual intercourse has but one aim, and that is *procreation*. This act, which is one of the greatest mysteries of life, and should be revered as a sacrament, should be performed only for the purpose of securing offspring. Every other such act, or sexual excitement, constitutes vice, undermines health, and is a sacrilege against nature's laws ordained by God Almighty. For the purpose of procreation, one act may suffice; then, while the fruit is developing, and also during the time of nursing, the mother should abstain. This state of affairs we find with all wild animals, *viz.*, with unpolluted nature. Now, with the human species, the period of pregnancy lasts 9 months; and as the child ought to be nursed at least the same length of time, we conclude that a human *female* should give herself up to embrace no oftener than once in $1\frac{1}{2}$ to 2 years, provided, fecundation has taken place. But how about

the human *male*? Very simple. Statistics show that there are about as many males as females on earth, and this circumstance seems to indicate that nature intended one male to each female. Now, as the female's frequency of intercourse should be restricted as stated above, it is plain that nature allows no greater indulgence to the male.

We have no doubt but that this idea will meet with the utmost ridicule of not a few. Under their present perverse dietary, people think such a restriction ludicrous and impossible. Yes, *it is impossible for them, but not to a person who has lived for some time abstemiously* and in close harmony with nature. No restraint is necessary; everything comes about in a most natural way, if we live normally. How effectual a proper diet is, seconded by water treatment, is well illustrated in persons who have been addicted to the use of alcohol, tobacco or other narcotics; these are evidently unnatural desires, and as proper diet, combined with Water Cure leads back to nature in every way, under such treatment these unnatural propensities simply leave a person so gradually that he feels himself once more free, scarcely knowing how this freedom has been accomplished. Verily, these two factors—proper diet and Water Cure—work wonders. The lean are made stouter; the obese are reduced; the pimpled skin becomes clear; the drunkard is weaned from his liquor; and the one revelling in venereal excesses relinquishes his folly. But the benefit to the growing fruit, if left undisturbed, would be incalculable, and would undoubtedly be worth a little self-control, when such is required.

If men consider such continence impossible, they should look at the females. How many of them live strictly pure lives for much longer periods, and even take their virginity to the grave. If man would not squander his affections, the ties between husband and wife would be much more harmonious. It is the man's licentiousness which brings discord and sickness into the bosom of the family. And yet, a return to nature is very simple: Cease from the use of alcohol, spices, and narcotics; dress, and keep your rooms, cool; breathe fresh air; exercise your body, and let your mind dwell on high and noble thoughts. That is all!

People squander about five hundred times more of their energy in excesses, than is necessary for procreation. How much higher would be man's enjoyment, if he were to restrict his passions, and so be able to produce offspring perfect in every way, exempt from disease, a true reflection of our creator.

Sexual intercourse for pleasure's sake only, has a depressing influence.

Sexual indulgence lowers the vitality, destroys health, and abridges life, more than any other practice. Many insects die as soon as this act is accomplished; the male perishes immediately, and the female, as soon as the eggs are deposited.

What the drug profession say on this subject is partly illustrative of their usual thoughtlessness and partly criminal suggestion.

Promiscuous intercourse leads to gonorrhœa, gleet, syphilis, stricture, diseased offspring, childlessness, and many other evils. Almost the entire civilized race is to-day tainted with venereal poison. If we imagine vitality divided into equal portions, each item may be looked upon as canceled by an act of cohabitation. Then it is obvious, that the more frequent these acts of intercourse, the sooner the stock of vital power must be exhausted. Many married people will give themselves up to the embrace daily, often more than once, and that for years. But not only its frequency, but the manner in which it is performed, are so unnatural and studiously licentious that the most desperate cases of paralysis and epilepsy are frequently the direct and immediate result. Locomotor ataxy and palsy, too, follow often in its wake. It brings on irregularity in menstruation, with many female weaknesses and complaints, sick headache, hysteria, difficult parturition, making child-birth to be looked upon as one of the most trying ordeals to the mother, in fact as an actual execution, and indeed thousands upon thousands of lives are annually sacrificed upon the altars of medical ignorance. As with animals, giving birth would be easy, if the abdominal muscles and nerves were not degenerated by perverse living and sexual excesses. Did ever a medical man think how to prevent these evils in a natural way? This thought never occurred to him. The inner pressure of foul matter, seeking a vent outwards, leads to secret vices, which in their turn cause many of the most fatal forms of disease, such as consumption, epilepsy, nervous exhaustion, paralysis, idiocy, insanity and countless others. It is mainly the sickly, not the robust, who fall victims to the vice of masturbation.

The so-called Social Evil, (prostitution) is in our opinion, reducible in the last instance to a perverse method of living. Vice always involves a loss, with no equivalent recompense. It is useless to strive to "abolish vice" from the outside, by preaching and exhortation merely. It will remain as long as man continues to live improperly. The tendency to vice is an indication of sickness. "The vice and crime which disfigure society appear to grow out of the alliance of extreme wealth and extreme poverty. It is chiefly in the very lowest or in the very highest stages of the social edifice that we encounter intemperance, licentiousness,

gambling, and the various forms of profligacy which still curse our civilization." *When people are sick, physically, their minds are also sick, and they cannot help having abnormal inclinations.* We find no vice in nature. Whatever is natural is good. Over-excitement is sometimes found with *domestic* animals, and is then an indication of disease. With *wild* animals there is no voluptuousness nor precocity; in fact, there is no "bestiality" among the beasts. We find it only among men, as a consequence of their perversion of nature. *Brute* sensuality is nonsense; there is only *human* lust.

We have heard parents say, referring to their sons: "It is better for them to sow their wild oats before marriage than during marriage! But all ideas upon which our minds dwell, develop brain cells in the individual, and also promulgate similar tendencies in the offspring. Now, as profligate young men become not only the fathers of sons, but of girls also, their licentious tendencies are not only transmitted to the male, but likewise to the female sex. Under such perverse teachings, we cannot wonder that the sad result of licentiousness and adultery, is met equally in both sexes.

To obtain a correct understanding of our low tendencies, note what pieces are performed in *theatres*. The plays which draw the greatest crowds are the lowest and most lewd. The more wantonly naked limbs are exposed, the greater the attraction proves. This is true, too, of many *newspapers*; divorce cases, scandals, elopements, etc., fill their pages and are illustrated at length, proving to be attractive to the public. These papers, instead of assisting man to rise to a higher level, drag him still deeper into the abyss. Amongst publications they rank with the performers in beer gardens and *cafés chantants*. Women are as much attracted by such spectacles as men. The fact that so many theatrical managers and newspapers produce no attractions but the most vulgar, and the fact that they grow rich, shows that they *know the public demands well*. What a commentary upon the moral character of the civilized races! Every decent person ought to boycott all such morbid panders as these papers and playhouses are.

The abuse of the sexual powers, leading to sin and misery is a crime against the coming generation, for the traces are apparent in the child, who inherits weaknesses that may, nay that *do* of necessity, develop into serious forms of disease.

Such troubles are known as hereditary, and if traced back are found to come directly from an improper mode of living on the part of the parents.

Rev. Kneipp, says: "*Heredity* with men which attacks mind and body is far too little regarded. As the children bear in their faces the natures of their parents, so in their minds and bodies do they bear their characteristics; thus they inherit their good and bad qualities."

"Thus disease is often inherited. If the parents' blood be bad and their bodies diseased and filled with impure material, it is scarcely possible for the children to escape the like condition. There is a proverb, 'As the field, so the produce; like father, like son; like mother, like daughter.' Those children who are born with poor sickly bodies and impure blood, must of necessity be subject to disease all their lives. In daily life we see hundreds of cases in which the children of unhealthy parents are also unhealthy;" being living and sad *proofs that disease is hereditary*. (39.)

Defective as the knowledge of the drug people is regarding health, and the manner in which it is lost, their teachings pertaining to the relationship between the sexes is simply monstrous, and fraught with the greatest calamities to mankind. Count Tolstoi writes in reference to this:

"I know mothers who, misled by medical scoundrels, take care that their sons' health shall not suffer from too much virtue." * Thus we see that medical men, not knowing how to control the passions in a natural way, hide their ignorance behind a smiling face, and call vice a useful and agreeable amusement. The result for the young man, is the loss of his pure thoughts and his innocence and guileless relationship to women. He has become a voluptuary, and vice is branded on his face. Simple, pure, fraternal intercourse toward women is forever impossible. Then, after heaping crime upon crime against women, he has the audacity to marry; and this after fifteen or twenty years of profligacy. Out of a thousand men who marry, you will not find one who has not been married before dozen of times. And yet, during all these years they possibly nourish the highest ideals of a future wife, and what a paragon of perfection and beauty *she* must be. They never for a moment think that *they* should meet this pure bride on something of a moral equality. Despite their debaucheries, they still consider themselves models of honorable men, and fit to wed with all that is pure—these profligates who have altogether lost their appreciation of female chastity! No sooner has the connubial tie been formed—than the sexes abandon themselves to the utmost licentiousness, both seem-

* The following notes up to page 185 are drawn up after his famous "Kreuzer Sonata."

ing to look upon the marriage-ceremony as the signal for throwing off all restraint, and imagining that they may indulge now with impunity.

It is not long, however, before the young bride awakens from her dream, in horror. She finds herself degraded, dragged down into the mire, by the man whom she honestly intended to look up to with love and respect all her life. Then hatred will replace love, and the most intense domestic misery must result. This is the outcome of the seed planted by the drugging people. How different an affair marriage would be if man entered into it as undefiled as the innocent bride; and if, during marriage, both husband and wife would not pollute themselves, and try to forget their misery in new acts of debauchery. How much purer and happier the married life would be, if the manner of living and the mutual ties between husband and wife were more natural!

Then again *on the recommendation of some fiend in human form, called a medical doctor, many a mother refrains from nursing her child.* Now this causes a fearful revolution in the mother's body, and it leaves the child a weakling all its life, and open to the inroads of all the most loathsome diseases, consumption included. Mark here, again, the impotence and ignorance of the drug poisoners, as well as their utter loss of decent principles. *A mother has too little milk.* Her medical adviser does not know how to lead nature back into her proper track, and cannot give such advice and treatment that the mother will soon have a sufficiency of milk. So *he covers his ignorance by advising artificial feeding.* And now, thanks to their teaching, this mode has become the order and fashion of the day. But how about the great mortality among infants, and the scrofula, consumption etc., which develop in those that escape immediate death? Oh, the good doctor will take care of them as soon, as they are ripe for his treatment. Surely, he is a kind-hearted person!

Some mothers, however, do not care to nurse their children; usually on account of the perfectly groundless fear that they will spoil their figures; and in this they are upheld by the always accommodating medical adviser. Thus the latter countenances criminal acts against the order of nature.

When the mother is not a monster, that is, when she does not of her own preference allow a hireling to take her place in this sacred privilege of motherhood, then the doctor steps in, and for one reason or another, advises that she should not nurse the child.

Often, if a woman is delicate, the doctor persuades her that the birth of another child will endanger her health or life, and shows her how to avoid it. Thus *these rascals kill the infant in its mother's womb,* and the moral degeneration of the family becomes complete. In many instances,



FIG. 56. *Ideal bridehood*; the intellectual faculties of the male doing homage to the higher intuitive ones of the female.



FIG. 57. *The happy family.* The result of such bridehood. The drugging people, we claim, are entirely incapable of any ideal views.

the mother dies under the operation. *The world takes no account of these wholesale assassinations, because they are committed under the title "operation," and because the drug advocates tell the public that these operations are in the interest of humanity.* But it is the grossest ignorance and negligence upon their part. We insist, and are willing to contest, that *no operation* is ever necessary. Prostitution must be combatted, not only in the public haunts, but in the home ; else, with the help of unscrupulous, licensed quacks, women will strive to prevent conception, and will sink below the level of the brute, to a miserable, sickly, hysterical wretch, without hope or self-respect. *Thus is furnished an inexhaustible source of wealth for the happy drug practitioner, who keeps them on his string for twenty years or more, leading them a wretched existence between life and death.*

People never consider what a wonderful work gestation is. In the mother is formed the being which is to perpetuate our line. And this holy work is hindered by whom? The medical man. Not content with poisoning his victims physically, he also depraves their minds. It is horrible, even to think of. Animals, in order to perpetuate their species, follow well defined laws. It is only *man* who cares for nothing but his sensual pleasures. *All other crimes of the drug profession are as nothing compared with their cynical and obscene teachings, and the demoralization with which, through their advice to women, they corrupt the world.* As a consequence of their ignorance, and the application of what little knowledge they have, to *criminal* ends, our drugging people have produced a state of affairs in which "happiness" exists in reality only with children or in novels. Real life is a stranger to it, and the race is growing to be a generation of misanthropes, with radically perverted views of all social ties. A woman who feels so little sense of obligation toward her offspring, can feel even less toward her profligate husband. Only the opportunity is wanting, and adultery, divorce, murder, and suicide follow. These close the drama of marriage.

As to *sexual intercourse*, we do not deceive ourselves with the hope that our strict rules will find many followers. But for the present, people should try to live as naturally as they know how, and they may then be trusted to the instincts of a more purified body.

DRUGS POISON PEOPLE.

CHAPTER 14.



EN have outraged their systems by the cooking process, by the use of meat, spices, alcohol and narcotics, nay even by their private excesses ; all these items combined are trifling when compared to the harm done to the health of the human race by the drugging system. None of the drugs form part of a normal body. Our cells are composed of certain definite chemical elements. In order to keep the

cells in health, we must provide for the supply of their natural constituents, and for nothing else. If they become diseased, it is because they have been offered improper food. If restoration be still possible, common sense ought to teach that it can be achieved in no other way than by a removal of the obnoxious matter ; certainly not by adding more poisons under the name of medicines.

We claim that all sickness is caused by poisonous and corrupt matter which is foreign and heterogenous to a healthy body. As long as this material remains quiescent, the entire body may be charged with it, without the patient being conscious of its presence. In such cases, it will also escape the notice of our drugging people, because, *not knowing what health or sickness is, they cannot distinguish between a healthy and an abnormal body.* They only see the purulent matter, when it is actually being discharged. We contend that *there is but one sickness, consisting in chronic latent deposits. The different forms of disease have their origin in the particular seat of this foreign matter.* The location of these deposits depends partly upon the specific gravity of the foul matter and partly on the vitality of the organ ; the rapidity with which deposits are made, is greatly influenced by one's occupation, habits, age, and vital power. In support of our statement let us quote the opinions of a few really honorable mem-

bers of the medical profession. Says Dr. John Abernethy, of London : "There has been a great increase of medical men of late, *but*, upon my life, *diseases have increased in proportion.*"

Dr. Ramage, Fellow of the Royal College of London, says : "It cannot be denied that the present *system of medicine is a burning shame* to its professors, if indeed a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good ! How often do they make our patients *really worse* ! I fearlessly assert that in most cases the sufferer would be *safer without a physician* than with one. I have seen enough of the *mal-practice* of my professional brethren to warrant the strong language I employ."

Prof. Jameison, of Edinburgh, maintains that : "The present practice of medicine is a *reproach* to the name of Science, while its professors give evidence of an *almost total ignorance* of the nature and proper treatment of disease. Nine times out of ten, our miscalled remedies are *absolutely injurious* to our patients, suffering under diseases of whose real character and cause we are most culpably ignorant."

The *Dublin Medical Journal* says : "Assuredly the uncertain and most unsatisfactory art that we call medical science, is *no science at all*, but a jumble of inconsistent opinions ; of conclusions hastily and often incorrectly drawn ; of facts misunderstood or perverted ; of comparisons without analogy ; of hypotheses without reason, and theories not only useless, but *dangerous.*"

"The science of medicine is a *barbarous jargon*, and the effects of our medicines on the human system in the highest degree *uncertain* ; except, indeed, that they have *destroyed more lives* than war, pestilence, and famine combined."—John Mason Good, M.D., F.R.S., author of "Book of Nature," "A System of Nosology," "Study of Medicine," etc.

"I declare, as my conscientious conviction, founded on long experience and reflection, that if there were not a single *physician, surgeon, man-midwife, chemist, apothecary, druggist*, nor *drug* on the face of the earth, there would be *less sickness* and *less mortality* than now prevail."—Jas. Johnson, M.D., F.R.S., Editor of the *Medico-Chirurgical Review*.

"Medicines hinder more than they assist Nature's actions, and are more injurious than useful in *all* diseases ; for drug medication, no matter under what disguise or name it is practiced, consists in employing as remedies for diseases the very things which produce them in people who are well. *The real effect of drugs is that they substitute a chronic condition for a temporary, trifling indisposition.* Every article in the *materia medica* is incompatible with vital functions, antagonistic to living matter,

and produces disease when in any way brought into contact with the living domain ; in short, all are poisons. Hygienic treatment on the contrary, consists in employing as remedial agents 'the same materials and influences which preserve health in well people.'—Trall.

Dr. Ames, in the treatment of pneumonia, had noticed "that patients who were treated with the ordinary remedies—bleeding, mercury, and antimony—presented certain complications which always aggravated the malady, and rendered *convalescence* more lingering, and recovery less complete. Such patients are always liable to *collapses and re-lapses* ; to 'run into typhoid ;' to sink suddenly, and die very unexpectedly."

"We have known several Allopathic physicians who, seeing or believing that the ordinary remedies, instead of helping the patient to live, assisted him to die, have abandoned all strong medicines, and from that hour have lost no patients."

Once "typhoid pneumonia was so fatal in some places in the valley of the Connecticut River that the people became suspicious that the physicians were doing more harm than good, and in their desperation they actually combined against the doctors, and refused to employ them at all ; 'after which,' said Professor Tully, of Yale, 'no deaths occurred.' Regular physicians were once banished from Rome, so fatal did their practice seem, so far as the people could judge of it." (42.)

"Do you know how many drug medicines, or poisons, you are liable to take into your system, during an ordinary course of fever? Two or three kinds of medicines are usually administered several times a day, each probably compounded of several ingredients, so that a dozen drugs, on the average, may be swallowed daily. These are changed for new ones, to a greater or less extent, nearly every day, and in a month's sickness fifty to one hundred poisons are sent into the domain of organic life."

"No wonder there are nowadays all sorts of 'complications,' and 'collapses,' and 'relapses,' and 'sinking spells,' and 'running down,' and 'changing into typhoid,' etc. No wonder that new diseases seem to hover around the patient and infest the very atmosphere, like a brood of malignant imps or voracious goblins, ready to 'set in,' or 'supervene,' or 'attack,' whenever the *medication* has brought the patient to the vulnerable point, or within range of their influence. Under Hygienic treatment these occurrences are wholly unknown." (42.)

In the *Scient. News*, we read of the Cocaine habit. "Medical journals sound alarm at this increasing habit. The *Electric Med. Jour.* describes a 'cocaine joint,' in St. Louis, run under the pretext of a drug store, with a rear room where the victims sleep off their dreamy intoxica-

tion ; and this notwithstanding the proprietor was arrested under the law regulating the sale of poisons. The same journal speaks of the effect of the drug as paralyzing the vaso-motor nerves, producing the worst form of 'rum nose'—one person acquiring a nose as large as a man's fist, red as erysipelas, sore as a boil, with ulcers extending to the lips. The grip of the habit is stronger than that of opium, and the downward progress faster. The *New Eng. Druggist* speaks of the wide prevalence of the habit in Manchester, Conn., beginning in the dispensing by a druggist of menthol and cocaine as an asthma snuff ; and the evil has stirred up many there to seek legislative control. The *Medical Mirror* warns against the prescribing or use of the drug by druggists, dentists, rhinologists and laryngologists, declaring that the remedy is worse than the diseases for which it is administered ; and says that physicians should never write a cocaine prescription or the like, to relieve pain or produce sleep."

Who is responsible for this new and fearful curse on humanity? Who, but the men who first prescribed the poisonous drug and vaunted its powers as "an unmixed blessing?"

All medicines sold for coughs, colds, consumption, etc., etc., contain opium in some disguise. They repress the cough, but failing to eradicate the cause, the first prescription paves the way for the second ; and so the poison creeps into the system. Now it is the essential nature of opium to deaden the sensibilities, to close up, to constrict. Under its influence, the bowels do not feel the presence of their contents, calling for a discharge, and so constipation sets in with its train of ailments—headache, neuralgia, dyspepsia, piles, etc., etc. As the habitual use of any medicine to regulate the bowels, will ultimately undermine the health, and lay the foundation for chronic maladies, care should be taken to keep these organs in their normal, natural state, by eating proper food, and taking proper exercise. Many of the drug peddlers prescribe calomel for costiveness. This course is quite irrational because health depends on normal cells, and normal cells are produced from a creature's natural food. It is only such hare-brained people, devoid of the smallest trace of logic, as our drugging friends, who can imagine that *calomel* can build up normal cells.

Pain-killers kill pain by killing the nerves,—for instance, the nerve of a tooth. Now, as the separate nerves in their union or entirety, constitute life, the body is killed inchways by the pain-relievers. What is blindness and paralysis? Inaction of the nerves. *And how brought on?*

*By pain-killers. Nothing else makes a young person incurably blind or paralytic.**

Water relieves pain immediately, and at the same time raises the vitality. It never lowers our vital power.

By the sensation of pain, our nerves apprise us of the presence of foreign matter. This matter may have just arrived, and if not removed may settle and paralyze the nerves. When, in treating such cases of paralysis by hygienic means, pain reappears, this indicates that life is once more returning. In either instance pain is beneficial; and if properly treated by our methods, will invariably lead to improved health; pain disappears naturally, as soon as no foreign matter is left to irritate the nerves.

A discharge of purulent matter from the ear often occurs in children after some malady. If these diseases are not perfectly cured, the unhealthy matter collects in the head and forms a mass of pus. This never results if Water Cure has been used. Water drives all corrupt matter *out*, medicine drives it *into* the body.

"Dysentery generally appears after severe illness, especially when the patient has taken a great deal of medicine." (44.)

Does not the fact that no drug physician with all his train of assistant drugs, has ever answered plainly one of the following questions, prove that the school of which he is an exponent, must be wrong at the very foundation of its pretended knowledge?

Why are there so many relapses and collapses under the medical treatment, and none under intelligent Water Treatment?

Why does one patient take contagion, such as syphilis, typhoid, malaria, mumps, cholera, smallpox, etc., whereas other persons, equally exposed, escape?

What do the drug people mean by 'predisposition'?

How does medical empiricism explain the formation of the *arcus senilis* (a ring of gray deposit around the outer margin of the iris in aged people?)

Why do children contract certain kinds of diseases, and grown people other kinds?

What is the cause of a cold? By what means can those persons be discerned who are predisposed to colds, or to any other form of disease?

* The author has cured a number of cases of blindness which previously had been treated by the first specialists of the City of New York, for several years, unsuccessfully. Hence, he considers himself justified in making the above statement.

How is pain caused?

How can rupture, prolapsus uteri, etc., be *prevented*?

How can parturition be made easy, normal, and painless?

Why do discharges from the nose sometimes make it sore?

That drugs must be more or less injurious may also be inferred from the fact, that the more *learned and experienced physicians prescribe the smallest possible doses*. It is only the young shoots, who think: "Much accomplishes much!" So it does, but much *harm*, instead of good. The habitual use of medicine will undermine the strongest constitution. People who are always dosing themselves are never well.

Statistics clearly show that sickness spreads in a place in proportion to the use of drugs and "remedies" employed.

It used to be the case that only elderly people, men particularly, were troubled with rheumatism; but nowadays, despite—or rather on account of—the manifold remedies employed against it, it has continued to spread, and to-day spares neither age nor sex; even children being quite susceptible to it.

It is an unanswerable fact that during the great epidemics in Berlin, Vienna, etc., the physicians in despair, divided the sick into various classes for different modes of treatment. Some were drugged in all the many different ways; some were treated by Water Cure; some were left to Nature, care being taken that Nature should be assisted by cleanliness, fresh air and rational regime. And the result was a lower rate of mortality among the classes to whom *no drugs* in any shape or form were given. Is this fact worth nothing?

One of the greatest stars (?) of the drug profession treated a man for shaking palsy. He dosed him for two years and a half with morphine and strychnine, until the patient developed into a morphine fiend. It took us six weeks of energetic Water Cure Treatment to rid the victim of drug poisoning of this—the morphine-habit, which the drug quack could so easily impose, but was powerless to remove.

A person may contract a slight cold; he applies to the drug school for help and is dosed from his trifling ailment into serious complications. More drugs are prescribed. The poisons at last settle in his foot causing mortification. A surgeon is called in who heartlessly cuts off the "offending member," which his brother in the drug profession had brought to its condition; and the mutilated patient is sent out on crutches. We refer to instances as they actually occur. See case of gangrene, Part iv.

Owing to the merits (?) of the drug profession, there are at present in the world, two classes of incurable people : those suffering from a lingering disease, and those maimed by operation. This unhappy result necessitates many asylums for incurables, which in our eyes are but so many *monuments erected to the ignorance of the prevailing drug schools*. We feel that, in the majority of cases, the same is true of the institutions for the blind, the deaf and dumb, and the insane ; and to a great extent of the public hospitals and dispensaries. The monstrous system of drug-ging has helped to fill them all. (Fig. 58.)



FIG. 58.—Decrepitude of old age in a man of forty ; a sorry but common spectacle to-day, thanks to the drug system.

Inquire among those who have been treated in these institutions and far more will be found to execrate than to bless them.

Take only one possible, nay probable, every day occurrence. A mother takes her baby sick with diarrhœa to one of these houses of healing (?),—and a dose is given which changes the diarrhœa into obstinate costiveness. Then a laxative is prescribed, and the old enemy returns ; and so between the two extremes, the little life ebbs helplessly away.

Let no one say we are too harsh in our statements or criticisms. It is the duty of every one to speak the truth as he sees it. The medical folks, who are paid, literally, for poisoning and torturing their patients, have too long monopolized the confidence and respect of the public. The false halo which surrounds them must pale before the rays of truth, or humanity will lose again the benefits of a more rational treatment. *It is to the interest of the drug doctors to discredit the natural methods*, for if these should become universally understood and practiced, we should need physicians as little as the birds and fish need them. They would be obliged to find some other occupation. This explains why so many drug quacks stoop so low as to disparage and discredit the virtues of the Nature Cure.

Let us see what Seb. Kneipp thought of drugs. A patient of his said to him: "The doctors pronounce my case to be liver and kidney complaint. My greatest misfortune, however, is that my stomach will contain no medicine, every spoonful causes vomiting." "Your good fortune, you mean to say," replied Kneipp to the gentleman. In another place Kneipp says: "If you take medicine containing poison, poison remains to infect the blood."

Presumably, you know that Kneipp has adopted medicinal herbs from the drug system. Had we to ask him, which medicines contained no poisons, possibly he would have answered: "The medical herbs." We, however, do not share his opinion, because many of the most deadly articles,—belladonna, strychnine, morphine, prussic acid, etc.,—are of vegetable origin; and the active principles of even the milder herbs, camomile, millefolium, etc., are nothing but poisons, and consequently harmful to a greater or lesser degree.

Some say: "But herbs are created for *some* purpose." Doubtless true, but it does not follow that they were created to be put in our stomachs. We do not eat roses, lilies, bushes, trees or cobble stones! Why then should we eat these poisonous plants? Because they grow upon the earth, is no proof that they were created for our food.

The more we study the cause of disease, the more clearly we see, sickness is the result of acting against the laws of nature. Now if God created herbs for *cure*, it would involve a contradiction, as we would need no cure if we closely adhered to nature. The strong flavor contained in some plants may have been given them, for the same purpose that others are provided with thorns,—for their protection against animals.

Let us see briefly what the action of poison is. Apply a drop of sulphuric or carbolic acid to the skin. What results? The life of the

skin is burned out, destroyed; and the skin must be replaced by an effort of vitality, which is thereby unnecessarily wasted. Now any article useless in building up the human body is poison; anything that lowers vitality is poison; and so we state emphatically and hope that far and wide our voice may be heard and heeded: Drugs are poisons, their action on the human body is deadly and dire, and awful results surely follow in their wake.

As to *Mineral Waters*, which animals refuse instinctively, but which constitutes a fashionable form of drug poisoning, we would say that it matters little whether we take our poison in small doses from the apothecary or diluted in a glass of mineral water. The result is the same in both cases.

It is quite true that some minerals,—lime, phosphate and iron—are needed for the upbuilding of our system; but we emphasize that we cannot utilize them, in their crude inorganic state from the drug store. Mineral substances can only be properly assimilated by the body, after having been elaborated and organized in the plants. Fruit and vegetables furnish all the mineral substances the body needs. Whole wheat flour, we may mention in passing, is especially rich in the necessary mineral ingredients.

People who go to Karlsbad, Ems, and elsewhere to be cured of diabetes and like diseases, find that they must return there again and again. This shows conclusively that the water of these springs does not effect a "*cure*," but simply overcharges the system with mineral deposits, and renders the latter powerless to make those protests against such poisoning, as are mis-called "symptoms of disease." Though the patient may believe himself relieved on account of the temporary suppression of these symptoms, he is really sinking lower and lower in disease; and, if he continues this course, cannot possibly live many years. The implicit faith which some people place in the efficacy of these mineral springs almost seems to be a relic of mediæval superstition. Physicians who persist in recommending such treatment, show their ignorance and impotence; and patients who continue to believe them are simply drinking their own destruction.

In reference to the sulphur, and other mineral baths, and the drinking of mineral water at springs recommended by drug doctors, we say that *whatever good there is in the water itself, is spoiled by the mineral ingredients found in it*. Hot water baths are weakening, and should never be prescribed for patients.

Many physicians, as a last resource, advise their patients to try Russian or Turkish baths. Now you know that the old rule still holds

good. "Keep your head cool and your feet warm." But, as in Russian or Turkish baths, the heat rises up, the head will always be in the hotter, and the feet in the colder space, hence the condition of health is reversed ; and *these baths are consequently injurious, not beneficial*. If a robust person takes such a bath, the benefit derived from the massage and the opening of the pores, causes him to overlook the harm, resulting from the perverse distribution of heat. But harm is done all the same, and sick persons always feel it. If the drug people had the faintest idea of the injurious effects of these kind of baths, they would desist from placing the lives of their patients in jeopardy. The air, too, which is inhaled there, is tainted with the loathsome perspiration of many sick people. The lungs are overheated, and you cool, not these organs, but simply your skin by showers and plunges ; in this way you are apt to contract some lung disease. Furthermore, as the well and the sick sojourn there indiscriminately, the visitor exposes himself to many diseases

Water, free of mineral admixture is called *soft* ; laundresses are anxious to obtain rain water, because it is free from mineral substances and such water possesses a peculiar aptitude for dissolving and removing dirt. Soft water is also better for cooking ; you cannot cook beans soft in hard water. It is very evident which is the better for us to drink. Animals know of this difference ; and they do not drink from springs which are more or less charged with mineral substances, but from those which are relatively free of them. Why do not drug advocates know of this difference also ? *They purposely send their patients to springs, famous for the large amount of mineral poisons which they contain.*

The drug quacks advocate *vaccination* with the view to secure immunity from smallpox. No legalized drug poisoner ever explained why some people escape infection *without being vaccinated*. We claim that healthy people cannot take the disease ; that its symptoms only originate in people whose bodies are greatly charged with unhealthy material ; the germs of smallpox attack this dormant matter and cause it to ferment. This is a salutary reaction, accompanied by fever, and by means of the postules, the foul matter is thrown out of the system. "*Facial Diagnosis*,"* enables us to distinguish between healthy people and those predisposed to this disease, and our natural methods furnish the means of purging the system so thoroughly of all morbid matter that one becomes abso-

* Louis Kuhne's "*Facial Diagnosis*," published by A. F. Reinhold, 60 Lexington Avenue, New York City. Price \$2.00.

lutely proof against any contagion. Of this, however, the drug people know nothing, and so endeavor to produce immunity by poisoning people with the vilest and rankest stuff, by them termed "lymph" or "virus."

"The poison of inoculation, like all allopathic remedies, has a paralyzing effect on vital power; that is, it deprives the body of the vigor



FIG. 59 —*Compulsory Vaccination.* Drug doctors advocate vaccination as a protection against smallpox. Some people are immune to small-pox *without* vaccination; others take it several times, *in spite of* vaccination. Who is exempt? The healthy person, whose body is free from foul deposits, where the microbes find no food to live on. People, whose bodies are charged with corrupt material, are liable to the attack of *any* contagious disease. To protect ourselves, we should cleanse our systems thoroughly. Of this, the drug people know nothing. They prefer to poison the public still more by their virus.

which it needs to throw off its foreign matter by an acute disease (sanitary crisis, fever,) increases the quantity of the latter, and thus produces a far worse chronic state of sickness, as clearly proved by the steady increase of all chronic diseases since the adoption of vaccination." (45.) (FIG. 59.)

Although numerous instances have been reported showing the direct harm done by vaccination, the diverse drug schools still continue this practice. It is in fact a source of considerable income to them. We once had a patient under treatment who was as robust a boy as could be found, until he was vaccinated. From that moment, his health began to fail, especially the inoculated left side. Then his left ear commenced to run; a specialist succeeded in suppressing the discharge so effectively that he has been deaf in that ear ever since. Then his eyes were attacked; he was treated for them by many physicians of renown, with the result that his eye-sight, too, grew rapidly worse. We have no doubt that by this time he would have been doomed to permanent darkness, had he not come under our treatment, after his father had during a period of seventeen years spent a fortune on him for those awful results of medical mismanagement. If the object of the drug profession were no other than to simply secure plenty of hard cash, their manner of cure (!) could not be more effectual.

A HORRIBLE VACCINATION MURDER.

A. S. Reiter, M.D., of Myerstown, Pa., calls attention to the following case, a full account of which was recently published in the *Eagle*, of Reading, Pa.

Four years ago Charles Ringler McKinney, a bright lad of 14 years, was vaccinated on the left arm. In a very short time the arm swelled to twice its natural size and turned black and blue. The wound healed in a few weeks, but a lump the size of an egg formed underneath, which in a short time had to be opened, but it never healed. After being treated in Reading six weeks, he was taken to Jefferson Medical Hospital, Philadelphia, where, with the hope of saving his life, a portion of his left shoulder blade about the size of a goose egg was cut out of the socket and the bone reset. The operation is known as re-section. In two months he returned home, but soon the diseased condition of the blood became apparent in a curvature of the spine. With this he gradually declined, being obliged to keep his bed. His back was covered with holes, some the size of a ten-cent piece. His body was inflamed, and his stomach would retain neither food nor drink to nourish the system. His bones diminished so much in size it was sometimes feared in handling him that they would break. He wasted away to a mere skeleton and died. The testimony of the attending physician, Dr. F. H. Brobst, is that tuberculosis followed vaccination—that his whole system was impregnated with

tuberculosis bacilli due to impure vaccine—evidently a crust from a tuberculosis patient. Write on his tombstone,

CHARLES RINGLER MCKINNEY,
A Victim of the Medical Superstition of Killing Disease
by Manufacturing More Disease.
Murdered by Vaccination.

“Writing on the subject lately Mr. Piehn said: ‘Tell the people that we must put a stop to this murdering of our children in the public schools. We know that vaccination is a fraud, that it has been proven a fraud every day from the first day Jenner brought it before the medical profession until the Royal Commission, after its eight years’ continued investigations, brought them to return a report unfavorable to the dreadful practice.’ In 1894, Mr. Piehn had a sweet little daughter murdered by vaccination. That sad incident brought the vaccination question home to him with a vengeance.”—*Medical Liberty News*.

“The following letter is another sample of the dreadful results of vaccination :

‘L. H. Piehn, Prest.,

‘Dear Sir :—My husband was always a healthy man that took good care of himself. In a few hours after he was vaccinated he had a violent headache, every hour he grew worse, but thinking he would be allright in a few days tried not to give up to it, but his case grew worse, and a few days after he was vaccinated he was in a serious condition.

“The circulation stopped in his limb below his knee. I sent for three of our best doctors to see if some one could give him relief ; they all three decided that his limb must come off at once. The Company’s doctors suggested that Mr. Murray should be taken to a hospital, so we started at once for Chicago to St. Luke’s Hospital ; seven days after our arrival there they took off Mr. Murray’s limb near the hip, and two weeks from that he died of blood poisoning from vaccination. Every drop of blood in his body was poisoned and would scarcely run when his limb was amputated. One of the doctors at the hospital said after the blood had made one circuit around the body, if he had all the doctors in America he could not have been saved. Mr. Murray fought hard against death, he had bright prospects to live for, he was a large man weighing over two hundred pounds. His body began dying from his foot up and it seemed all feeling was gone ; he suffered awfully.

‘The word vaccination brings a terror to my heart.

Very respectfully yours,

Mrs. A. E. Murray.’

From the reasons stated by Dr. Alexander Ross, Toronto, Canada, against vaccination we quote as follows: "I have known several cases where amputation of the arm has been necessary to save the lives of those who had been vaccinated.

"Because I know that filthy cattle diseases have been transmitted to children by vaccination.

"Because authorities, who order and enforce vaccination, will not guarantee or indemnify a parent against the evils that so frequently result from it.

"Because it is a cruel wrong to poison the pure blood of a healthy child with impurity from a diseased beast.

"Because the danger incurred by vaccination is infinitely greater than that from smallpox—we know what smallpox is, but we do not know what hideous poison may lurk in vaccine pus.

"Because we have no antidote for vaccine poison. For all other poisons we have, but for vaccine poisons none!

"Because all the protection we have against smallpox and other filth diseases comes from our improved knowledge of hygiene and sanitation, and if one-quarter the money spent for vaccination was applied to improving the conditions of life in localities where smallpox and other filth diseases originate, we would not only 'stamp out' smallpox, but cholera, diphtheria, measles, scarlatina, and other diseases that are born in filth and thrive upon filth. Cleanliness is our only natural, hence scientific protection, not vaccination, incantation, charms, witchcraft, or any other fetich.

"Because no rational theory ever has been or can be advanced to support the ridiculous assumption that vaccination protects from smallpox. One thing is certain, thousands of children are killed annually by vaccination, or its after results, and these victims of medical ignorance and cupidity are the only persons, it can be asserted with truth, that vaccination protected from smallpox.

"Because vaccination is an unmitigated curse, and the most destructive medical delusion that has ever afflicted the human race. I know full well that the vaccinator sows broadcast the seeds of many filthy diseases of the skin, the blood, the hair, and the eyes, which are transmitted from generation to generation—an ever-abiding curse to humanity.

"Because nearly forty years' experience as a medical practitioner has convinced me that vaccination does not afford the least protection or mitigation from smallpox—an unvaccinated and vaccinated person being equally liable to the disease under similar conditions.

"Because I have frequently seen vaccination result in terrible corrosive ulcers on the arms, glandular swellings in the arm-pits filthy cutaneous diseases, erysipelas and intractable diseases of the eyes, ears and scalp.

"Because I have seen many children die from erysipelas and hydrocephalus (water on the brain.)" etc.

Following is a

MURDER RECORD

of other victims. These have died from blood-poisoning, erysipelas, lock-jaw, convulsions, etc., after vaccination :

Frances Asten, 17 years, Greenpoint, N. Y., Jan. 15, 1892.

Mrs. Eli Gaugh, Muncie, Ind., Nov. 23, 1893.

Margorie Woodruff, 5 years, Bellport, L. I., Dec. 6, 1893.

Ella Stone, 12 years, Plum Run, Ohio, Dec. 13, 1893.

Blanch Elsey, 10 years, Van Wert, Ohio, Jan. 2, 1894.

Leonard Kessner, Clerk, Chicago, Ill., Jan. 2, 1894.

Irene Adams, 16 years, Atlanta, Ga., March 27, 1894.

Julia Beggraff, 10 years, Brooklyn, N. Y., May 2, 1894.

Chas. W. Smith, 11 years, Brooklyn, N. Y., April 19, 1894.

Frank Bennett, Clerk, Lowell, Mass., Jan. 20, 1894.

Chas. Daniels, 5 years, Menasha, Wis., Feb., 1894.

Josephine Miller, 13 months, Brooklyn, N. Y., April 30, 1894.

Henry King, 3 years, Brooklyn, N. Y., May 8, 1894.

Mary Hain, 11 years, Brooklyn, N. Y., April 12, 1894.

Frank Madden, 8 years, Fort Wayne, Ind., May 14, 1894.

Thomas Mytele, 45 years, Chicago, Ill., May 15, 1894.

Employee of Nelson Morris, Chicago, Ill., May 16, 1894.

Frank Evans, 3 years, New York City, May 28, 1894.

Jacob H. Weeks, Jr., 11 years, Philadelphia, Pa., June 10, 1894.

Nellie Noland, school girl, New York City, March, 1890.

Female infant, 9 months, died thirteen days after vaccination.

Johnny Flynn, 13 years, Terre Haute, Ind., Nov. 9, 1894.

Alma Oliva Piehn, 6 years, Nora Springs, Iowa, May 13, 1894.

These cases might be multiplied indefinitely.

These examples speak louder than words to everybody except the disease mongers, who make millions of dollars by the fraud. But the doctors plead impure virus ; what right have those doctors to use impure virus ? Again they plead that no one is able to certify to the purity of any virus ; then they are quacking upon the public by force, compelling

people to submit to their malpractice. The free American liberty loving citizens who will not tolerate a sectarian priest craft ruling in its schools is thus submitting to a bloody medical priest craft more deadly and tyrannical than anything else heard of in history."—*Medical Liberty News*.

Listen to some more quotations:

Says the Right Hon. W. E. GLADSTONE, M.P.: "I regard compulsory and penal provisions such as those of the Vaccination Act with mistrust and misgiving, and were I engaged on an inquiry I should require very clear proof of their necessity before giving them my approval."

Says E. M. CROOKSHANK, M.B., M.R.C.S., Professor of Pathology and Bacteriology, King's College, London: "There is no way of determining by the microscope, or any kind of test of any character whatever, between lymph which contains the virus of syphilis and lymph that does not."

Says Emeritus Prof. F. W. NEWMAN: "Against the body of a healthy man Parliament has no right of assault whatever under the pretense of public health; nor any the more against the body of a healthy infant. To forbid (!) perfect health is a tyrannical wickedness, just as much as to forbid chastity or sobriety. No lawgiver can have the right. The law is an unendurable usurpation and creates the right of resistance."

Says DR. HUBERT BOENS of Brussels: "Continue, gentlemen, to vaccinate if you choose, and *because you make money by it*; but never forget, pseudo-scientists and false physicians that you are, that while you *sow vaccine among the people, THEY REAP THE POX!*"

Unabashed by the sad failure of *Köch's tuberculin*, the drug fraternity keeps working desperately to compound some other poisons where-with to—cure—or rather kill people. The latest success is Anti-toxin. We quote the following case from *Medical Liberty News*, to show how radically it cures every ache and pain!

ANTI-TOXIN MURDER STRAIGHT OUT.

"Miss Florence Beckwith, a bright, healthy and very promising young woman, residing in Mount Pleasant, Iowa, during a scare over diphtheria, which was thoroughly worked up by the 'regular' physicians, and while under depression over the death of an aunt, complained of slight soreness in her throat. As soon as the family doctor was called, he got so alarmed he did not know what to do, and took into his council the Anti-Toxin operator of that community. They decided the case a

good one to experiment on to develop diphtheria by Anti-Toxin treatment, which it is said will either cure, cause a mild type of diphtheria, or kill the patient. In this case it promptly killed the patient, and did it quick enough to be entitled to the credit of being a scientifically sure process of causing death. Dr. O. A. Geeseka, assisted by Dr. A. W. McClure, injected 2,000 units of Mulford's serum hypodermically into the veins of the girl, she, under the influence of their advice, laughingly consenting to it. In less than five minutes following the operation she was dead. The consternation at the bedside of the dead girl spread over the town with lightning rapidity, the general conviction being that Anti-Toxin treatment caused her death. The public mind of the community is a unit in the condemnation of the rot-murder treatment that killed her. Immediately following the injection of the serum—rotten animal matter—into her veins, she complained of a strange feeling in her head and lungs; the physicians noticing that her heart ceased to beat, tried to rally her with strychnine, nitro-glycerine and digitalis, which were all promptly administered hypodermically, but all to no purpose; then they tell us, 'she died of cardiac paralysis.' Nothing of the kind. She died from the effect of Anti-Toxin poison."

One-third of mankind dies from *consumption*. Why do not the drug people prevent this? Because they are powerless to do so. Tuberculosis develops in those having delicate health, and is caused directly by improper living. The first foundation may have been laid by feeding the patient artificially when an infant; or later on, he may have taken stimulating food and beverages; or he may have paid too much attention to the other sex, and thus lowered his vitality. Low vital power was unable to properly perform the functions of assimilation and evacuation and deposits were formed, mainly in the lungs. Fever ensued, microbes were fostered and so tuberculosis was established. Facial diagnosis recognizes this form of disease at any stage, even long before its outbreak, and can stop it and cure it in almost any degree of advancement if the patient has strength enough left to take the treatment.*

Of *dyspepsia* we read: "A dyspeptic stomach deranges the whole system, and is the centre and source of every sort of pain and misery. Any disease may proceed from dyspepsia. The hypochondriac and monomaniac is first of all a dyspeptic. Nervous exhaustion is a consequence

* "Positive Prevention and Cure of Tuberculosis," by A. F. Reinhold, Ph.D., 60 Lexington Ave., New York City. Price, \$4.80

as well as a cause. Most cases of lung disease begin with dyspepsia. Nine out of ten cases of what are called 'diseases of the heart,' are really dyspepsia." Now, if dyspepsia is an immediate cause of severe ailments, why do not medical people cure it? Again the simple answer is their inability. Dyspepsia is principally the *result* of maltreating the stomach with drugs. It usually commences with a little indiscretion in diet. The patient seeks relief first from one, then from another drug doctor, thereby spoiling his digestion; he sinks lower and lower, losing in flesh, etc., until he is a confirmed dyspeptic.

A plain proof that drugs only suppress disease is, that, as soon as our natural treatment commences, the various forms of disease from which a person suffered in succession, reappear in the reverse order, and are only then cured thoroughly. Ours is a cure, and a radical one, there is no suppression about it.

In summing up this whole subject of drugs and the various forms of disease that result directly from their introduction into the system,—one naturally asks: "Why *do* physicians, who certainly spare neither their health nor their own lives in their efforts at curing, still deal out the deadly drugs, still introduce new and frightful diseases, and still hasten to premature death the majority of mankind? *Why do they not instruct us how to escape disease*, rather than allow the disease to plant its deadly germs in our system?" Simply because they fail to apprehend the essence of disease,—its primitive cause. The fact that among the medical profession itself the mortality is exceptionally great, shows plainly their inability to cure or to save even themselves.

We acknowledge gladly the great amount of charitable work, the gratuitous labors, night and day that many medical people give to the suffering poor; and in this, we see proof of a spirit of universal brotherhood, and grounds for hope that the day may not be far distant, when some at least, will yield to the dictates of their better nature, and join us in adopting our rational curative methods; and thus act in harmony with Nature and not against her.

BLOOD.

CHAPTER 15.

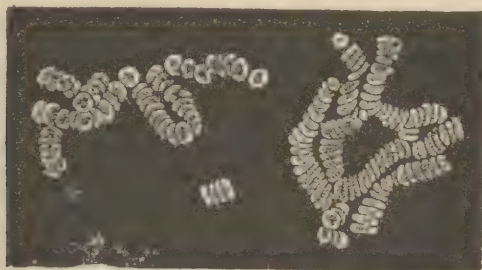


BLOOD plays a most remarkable part in the economy of our bodies. Food is first transformed into blood, and then this blood feeds and builds up every part of the system, even the teeth, nails and hair. But if we introduce into the system such substances as improper food, drink, bad air, and drugs,—substances which are not found in a healthy body,—they first vitiate the blood, then, through it, the entire system. *The blood*

carries the foreign matter to places that possess the least amount of vitality, and deposits it there. But it is also the blood which removes this deposit, and carries it to the depurating organs, when the general vitality becomes restored by natural means. Many a man dies of apoplexy, the commencement of which was an obstruction or degeneration of the blood-vessels. The particular parts of the body suffering from obstructions cannot suffer alone. While the blood is congested in them, the other parts of the body have too little. Wholesome air, plenty of light, with nourishing food, and suitable exercise, are essential to the formation of good blood.

Suppose we make a strong solution of manganate of potassium, then wash therewith a small spot of our skin, and also dip a steel needle into it. Now, if we prick the painted spot with the needle, after rinsing both with clean water, no ulceration will follow, because that drug, being a germicide, has destroyed the germs on the skin and needle. But in most cases, when we get a splinter into our finger, it will fester, because the germs clinging to the splinter or to the skin are introduced into the flesh. If two people thus injure themselves in a similar manner and to the same extent, the effect may vary considerably. In the one case it may remain an insignificant, local inflammation, disappearing in a few days without requiring any attention; and in the other, the whole arm may swell and the inflammation may even endanger life. Whence this difference? It results entirely from the state of purity or impurity characterizing the

blood of the respective injured persons. If the blood is contaminated, the germs introduced will feed on these impurities, and multiply, and thereby cause the inflammation and swelling. If the blood is pure, the germs find nothing to live upon, cannot increase in number, and there will be no ulceration. Furthermore, in the young, ulcers will often form without injury, whereas in aged people, whose systems are usually much more charged with foul matter, acute skin-eruptions rarely develop. The



Human blood-corpuscles. After Donné.

FIG. 60.—*Blood.*

Food is first converted into blood, and from it all the various parts of the body: the nerves, muscles, teeth, hair, etc., are built up. If our food be normal, the blood receives its proper nutriment; if the food contain substances not required for giving heat or for building up the body, the blood carries them to some quiet nook where they are deposited, and later give rise to different forms of disease. As soon as cure commences by natural methods, the blood is first purified, and then serves as a wash to remove the deposits, thereby curing the special ailment.

If you cleanse your blood by any natural method, such as massage, bathing, proper diet, sun and air baths, etc., either by application to the entire system, or only by local applications, the blood being the same throughout, any of said methods will purify the entire blood and benefit the system. Drugs are utterly useless for the process of cleansing; they are largely instrumental in causing deposits, absolutely no article should be introduced into our system, save such as are found in a normal body.

explanation of this different effect we find in the vitality. In the young, vital power is vigorous enough to make a spontaneous effort at cleansing; in the aged, the vital force is already lowered too far for such a curative process; the foul matter remains and accumulates, till the whole machine finally stops. (Figs. 60 and 61.)

To produce a plant, we need three factors—the seed, the soil, and warmth. To bring about an ulcer, three factors are also required—germs, impure material in the body, and the heat of the body (vitality.) An

ulcer is a symptom both of disease and of health. It is a sign of disease, because there is impure matter ; it indicates health, because its presence shows that the system has still sufficient vital power to make such a spontaneous effort at cleansing. In any form of disease, the same three conditions play their parts.

First, we have the body encumbered with foreign matter ; this is the only real sickness. It is the soil in which microbes develop. Without it, no acute symptoms can arise. Of all this our drugging friends apparently know nothing.

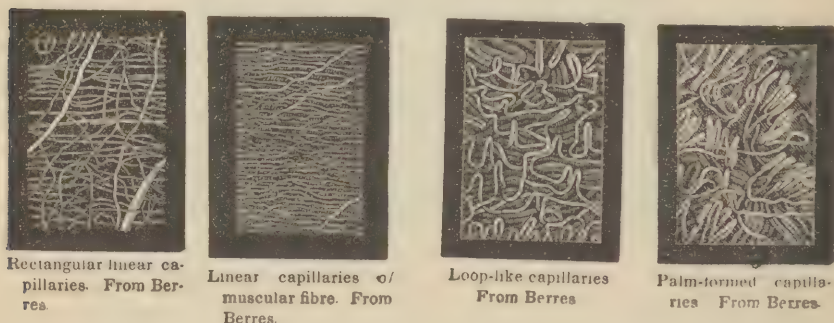


FIG. 61.—The capillary vessels constitute the connecting link between the arteries and veins.

Next, germs are introduced; and thirdly a local inflammation or general fever ensues. This is actual cure. It is a cleansing process. When the body is left to its own resources, or is treated by hygienic means, the patient will be in much better health after the attack, than for many previous years. The drug people mistake this healing process for the disease; and not understanding its nature, direct most of their endeavors to suppress the cleansing process. As they have no other means of effecting this but by using poisonous drugs, they increase the amount of foreign matter, stifle the efforts of the vital power, and themselves lay the foundation for countless chronic ailments and premature death. The chronic ailments cannot be cured with drugs because they are the offspring of the drug system. When the condition of a patient becomes unmanageable, he is mangled with saw and knife, or despatched with morphine. This is a most effective way of covering up the consequences of ignorance.

Each sickness has three stages, commencing with the dormant, or latent state, it develops into the acute condition, which, if treated by Water, ends in recovery as soon as the body is cleansed.

Or, under the drug system, it commences with the dormant or latent state develops into the acute condition, and then ends in—chronic deposits, permanent decrepitude, amputation, or premature death.

The impure blood, or the encumbrance of the body, vitiated by a perverse regime, is the only real sickness. Every pain or acute symptom is a sign of nature's effort at cure. Suppress these by drugs, and you sow the seeds of incurable conditions, lower vital power, and suppress its endeavor at self-purification. Soon it must give over its struggle against the accumulating foul matter; and no more ulcers and signs of fever appear, but blindness, deafness, cancer, paralysis, shaking palsy, insanity, etc., will follow, as direct results of this suppression. These sad conditions are largely attributable to the fathomless ignorance of our drug fraternity.

There is but one rational way of preventing any acute conditions, *i. e.*, cleansing the blood beforehand by Natural Means; and there is but one rational method of cure, also by cleansing the system. Fever ceases the moment the impurities are exhausted, and the body is cleansed.

Fever and inflammations are always caused by microbes. This action is the quickest mode of dissolving the latent deposits and leads to their removal.

Superficially viewed, the various forms of disease might be divided into two classes; those that arise from impure blood,—eczema, acne, etc.,—and those that follow an improper distribution of the blood,—cold extremities and hot head, fever and ague, etc. But if we investigate the cause of the second class of ailments, we will find that the blood was crowded out from the cold limbs or the skin by impurities, and became congested in the hot head or the inner organs. Thus, we see, the improper distribution of the blood is secondary, resulting from impurities contained in it. This indicates that both conditions will yield to essentially the same treatment, though the former conditions will be cured more readily than the latter.

Naturally, the blood goes where it is summoned by the nerves. If the surrounding temperature be cold, it goes to the skin; if we dress warmly or stay in a warm room, the blood retreats further within. If the blood is impure, it will leave deposits where it is most accumulated. As soon as we adopt a cleansing process by Water Cure, the quality of the blood will be improved first, and it will then begin to dissolve the deposits of impure matter. Thus, purified blood constitute our internal bath.

DEATH.

CHAPTER 16.



SOCRATES said that there were two doors of Life, both of which were always open. Birth and Death. Why is it that both these doors do not open easily now, that we have learned to dread both the entrance into life of a new soul and the exit from it? Why is it that the door which swings aside to let the new born babe into existence so often closes on the young mother?

Where shall we lay the blame for this perverted order of Nature? Once again the answer must be "at the feet of the drug practitioners who in permitting—yes in prescribing—an unnatural mode of living, and in administering deadly drugs to counteract the results of such perverseness, undermine health, sow the seeds of fatal disease and ultimately cause premature death.

Death is painful in two ways; when people die by degrees, as it were, as when the optic nerve dies off, and blindness results, or when a portion of the spinal cord is destroyed, and the legs become palsied, or else when they die before reaching the natural limit of their days. Both these causes are, without exception, the result of our perverse drug system, and can be avoided.

No one should die young; and yet statistics show that out of every 1,000,000 people, only 900 die of old age. Why is it that to-day death from old age occurs almost exclusively among wild animals who have never had either drug or drug prescriber, while these alarming figures confront us, who are rich in both?

Formerly a large percentage of the typhoid patients died; but since the adoption of water treatment for this disease, the mortality has wonderfully decreased. *Why will* not the drug profession learn a lesson from this one example and follow it up in other diseases?

All writers on longevity agree that 100 years at least should be the average length of man's life. It is the young of human beings only who have

to suffer from and finally succumb to the *ignorance and awkwardness of the poisoning profession*. Your child did not die of diphtheria, it was a victim of the doctor's (!) stupidity and mismanagement. Your young husband did not die of consumption, but because the physician knew nothing



FIG. 62.—*Empty Bombast, M.D., and his happy clients*; specialist for internal diseases, and head of an *angel-factory*, commonly called a medical dispensary. Medical ignorance is unfathomable; it is only equalled by their superciliousness, best illustrated by the arrogance of those who style themselves "Doctors,"—"the learned ones."

about his malady. Your wife did not die from puerperal fever, but succumbed to persistent drug poisoning. So may the whole category of diseases be run through. Bright's disease, diabetes, *all* forms of sickness are wholly curable, if drugs are avoided and only nature's methods followed. When a person dies while still young, from any cause, the relatives usually attribute it to "God's incomprehensible Wisdom," instead of blaming their own and their medical attendant's incomprehensible ignorance.

Death should result with us, as with animals, only from accident or old age; even as loss of health is unnatural, so is premature or painful death.

"By the strict law of Nature, a man should die as unconscious of his death as of his birth. Subjected at birth to what would be in the after conscious state a most awful ordeal, than which the most cruel of deaths could not be more severe, he sleeps through the process, and only upon the subsequent awakening, feels the impressions of the world into which he is delivered." "By the hand of Nature, death were equally a painless portion. The cycle of life completed, the living being sleeps into death when Nature has her way." "And when mankind has learned the truth, when the time shall come—as it will—that 'there shall be no more an infant nor an old man that hath not filled his days,' this act of death, now, as a rule, so dreaded because so premature, 'shall arrive only at its appointed hour, suggest no terror, and inflict no agony.' The sharpness of death removed from those who die, the poignancy of grief would be almost equally removed from those who survive. Our sensibilities are governed by the observance of natural law, and the breach of it. It is only when Nature is vehemently interrupted, that we ever wonder or weep."—"Euthanasia is the sequel of health; the *happy death* engrafted on the perfect life." Death will come as a sleep, divested of all fear, sorrow, and suffering. Its sting will be practically banished when Humanity turning to our great Mother,—Nature,—learns anew her lessons and lives in accordance with her laws.

DIAGNOSIS.

CHAPTER 17.



WE have already shown that of the true essence of disease,—foreign substances in the tissues of our body,—the drug profession is lamentably ignorant. We have also defined Health; but in giving a closer diagnosis of both Health and Sickness, it is as well to repeat our definition: namely, that Health is that condition of the body in which our only sensation is one of general buoyancy;—when all our organs act

and react, in a normal and unconscious manner,—when no change in the temperature, nor vicissitude of weather, can affect us,—when we are proof against contagious disease,—when the body is free and easy in all its actions,—and when our vitality is unimpaired.

Now, as the drug schools give no definition for either Health or Sickness, we must naturally and inevitably conclude, that *they are unable to distinguish a healthy person from a diseased one.* There are, however, certain indications of Health, and conversely of Disease.

The color of a healthy skin is clear, indicating the presence of pure blood, and is neither dry nor moist, but elastic and moderately warm in all seasons. The pupil of the eye is jet black, and the iris pure and transparent, allowing us to see the minutest details of its construction, and it responds instantly to the stimulus of light; the tongue is uncoated; the hair is normal in quantity and of its natural color; the waist is slim and there are no lumps on any portion of the body. The weight is proportional to the height. The odors of the effluvia are not unduly repulsive. All the senses are acute, and the voluntary muscles contract readily and energetically when stimulated by the will. The mind is well balanced and of an even temper.

The indications of a diseased body are in direct opposition to those of a healthy one,—and we will place the contrast before you. In the

symptoms of Disease, we distinguish three varieties : those that constitute a real ante-diagnosis, indicating latent deposits ; then, signs of the acute or feverish condition ; and lastly, those that indicate chronic complaints. The Chronic disorders have many symptoms in common with the latent deposits, though their origins are quite different.

The physical signs of ill health in contradistinction to those of good health are as follows : (FIG. 63.)



FIG. 63. *How to feel the pulse.* The person should sit quiet for about 10 minutes, before the pulse is taken. It should be readily felt ; its beats should follow at regular intervals, and there should be about 72 to the minute in the adult, but more in younger persons ; even up to 90 in an infant.

The color of the skin is unnatural, being unduly flushed, pallid, muddy, or *blotched* ; the temperature is abnormal, being either cold, or, in acute cases, unnaturally hot ; there are frequently eruptions of the most painful varied description caused by impure blood, while a torpid liver and impoverished blood may cause moles, and yellow or brown blotches. Watery bags forming under the eyes, show that too much liquid has been taken, or that the liquid effluvia are not removed fast enough ; and the same is true when you press hard on the skin and the impression does not fill up instantly. (FIG. 64.) In ill health the color

of the eye is changed; the pupils are more or less grayish, and the iris cloudy, spotty, or showing gray rings or spots of deposits. (FIGS. 65 & 66.) The tongue is more or less coated; the hair may be thin, gray, or entirely gone. There are abnormal discharges from the diverse mucous membranes, such as running of the eyes, ears, and nose, and unnatural excretions from the sexual organs or the rectum, expectorations from the lungs, etc. The voice is husky: the waist is often too large. Abnormal growths, goiters, etc., may form in various places. The senses



FIG. 64.—*Testing for the Knee-Jerk.* Let the patient cross his legs; the one on top should hang passively. Tap gently below the knee-cap with the rear edge of your hand. The leg should come out with a certain degree of alarcity; the absence of this reflex action, as well as when it is excessive, indicate disease. This test gives a fair idea of the condition of the spinal cord.

are more or less defective in action; the pupil of the eye does not respond quickly to the impulse of light, and in some cases it is either abnormally large or small. The nails may be brittle and ribbed; the muscles are not responsive, showing lack of energy and endurance; or, in exceptional cases, they act with unwonted violence. There may be involuntary twitchings, and the skin on any organ may be either numb or super-sensitive. The mind may be full of unwholesome ideas, on which it morbidly dwells. In sleep, the patient may suffer from frightful dreams, or insomnia may set in, leading to hallucinations or actual insanity.

These are the general symptoms that show the presence of Disease. In special cases such as Consumption, Asthma, Rheumatism, etc., there are special symptoms that surely indicate the loss of health. Cases of lung disease are discernible by pale, anæmic skin, and cold extremities; unnatural discharges indicate that the body is overcharged with foreign substances; and attacks of Asthma and Rheumatism are indicative of the

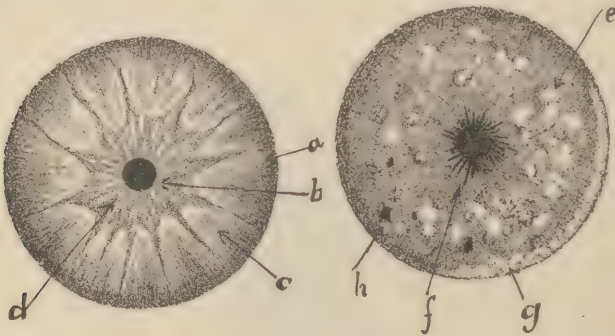


FIG. 65.

FIG. 66.

FIG. 65.—*The Normal Eye.* The "iris" or colored part of the human eye, viewed from the outside. The round black spot in the centre is the pupil—an opening in the iris. The above illustration represents the author's own iris; being more normal than any he has met with. It must be remembered that he rigidly abstains from meat, alcohol, tobacco and narcotics, and uses a good deal of his own medicine—air, exercise and water.

a,—outer margin, should be darkest.

b,—inner " " lightest.

c & d,—rings, each with characteristic rays.

FIG. 66.—*An Abnormal Iris.*

e,—irregular, light-gray, cloudy spots, midway between the outer and inner margin, signify great nervousness.

f,—the inner margin, surrounded by dark-brown rays, indicates torpidity of the liver and costiveness.

g,—a light-gray, outer margin means a general low vital power.

h,—dark, irregular spots point at severe drug poisoning.

same thing. The existence of an abnormal appetite or excessive thirst, the craving for unnatural food or drink is always a positive sign of a deranged system; if this longing be gratified the depurating organs will commence to act abnormally and their secretions will contain unnatural substances, such as sugar, albumen, gravel, etc., and the odor be highly offensive.

The cause of all these signs of disorder as we have said again and again is simply the presence of foreign matter in the system. The symptoms may be numerous, but the cause is one.

The main indications that deposits have formed are altered forms of the body. On looking at a perfectly healthy person one cannot discover upon which side he is in the habit of sleeping; but a person in whose body there are foreign deposits, will show this by a peculiar enlargement of the side on which he habitually rests, as foreign matter follows the law of gravity. Any deviation in the outline of the body from that of the highest types of beauty shows just so much departure from the standard of health. This may still (FIG. 67.) be latent, no acute symptoms may



FIG. 67. *Lines of Demarcation.* *x*, nape-line; *y*, jaw-line; *z*, the thigh-line, is located in front, between the abdomen and the thigh; *x*, the nape-line, sets off the back of the head from the back of the neck; and *y*, the jaw-line, outlines the jaw. The more beautiful and the healthier a person is, the sharper are these outlines. The back of the head should project from one to two inches beyond the neck.

have developed, and yet to the intelligent observer these variations from the normal outline mean either inherited or acquired predisposition to acute malady. The deposits causing these deviations in outline are the true disease. Velvet-like cushions on the cheek-bones and forehead, as well as the obliteration of these peculiar lines of physical demarcation, the jaw-, nape-, and thigh-line, are symptomatic of the three kinds of encumbrance, namely, of the side, back, and front.

The drug people pride themselves greatly upon the perfection of their diagnosis. When a physician is summoned and he takes out his queer looking instruments of auscultation, etc., the patient and relatives are impressed with awe. The drug practitioner knowing this, feels himself a superior being. (FIG. 68.) The patient may think, "now verily, this

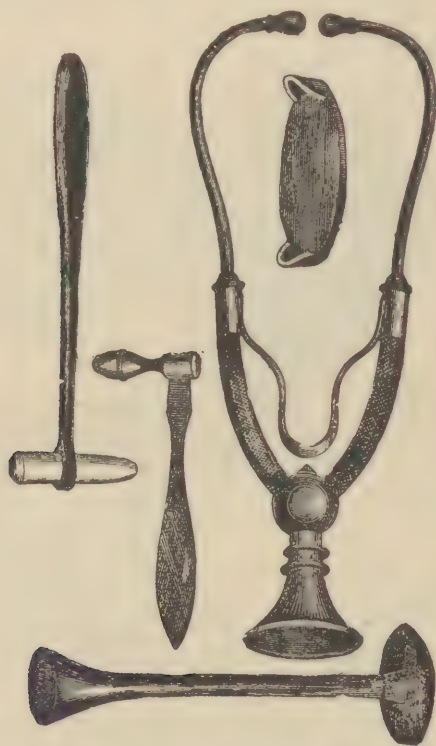


FIG. 68. *Instruments for Medical Diagnosis.* They are not reliable; it has happened that a healthy person went to half a dozen dispensaries, complaining of all sorts of imaginary ailments, which were all corroborated by the respective physicians. Such imposition could not be practiced on a person versed in our Facial Diagnosis. Besides, medical diagnosis only recognizes *present* conditions; but not *future* ones; hence it cannot forewarn people. But this is the pre-eminent task of our Facial Diagnosis. However, when the M. D.'s. take out these implements and belabor the chest of a patient, the relatives are deeply impressed; in reality, however, the whole examination amounts to little more than a farce in its practical value.

man knows all about my case." He may even imagine himself to be already out of danger; but in reality, as far as "cure" is concerned, the

whole spectacle amounts to little more than a ludicrous display. In the first place, how very unreliable this diagnosis is, you will find explained in L. Kuhne's * *Facial Diagnosis*. And then, of what value is his diagnosis at best, if he can never cure you ; if all his endeavors have but one tendency ; *viz.* to make you worse by his drugs ? Is he able to point out beforehand those who are to become the victims of certain attacks of disease, when the opportunity is afforded ? He cannot. Furthermore, it is generally believed that Life Insurance Companies try to secure the service of such physicians as have the best reputation for making a correct diagnosis. But by means of Kuhne's *Facial Diagnosis* we have been able to ascertain that the grossest blunders are continually committed by these physicians. They cannot distinguish between the healthy and the sick.

Let us relate one incident as illustrative of this fact. S. Kneipp, in his various books on Water Cure, highly recommends walking barefooted in dewy grass, as a means of invigoration. Thousands have practiced this mode of exercise for years in many places in Europe. A patient of ours who had first been mismanaged for years by the drug school, practiced this method abroad with marked relief. On her return she wanted to continue this practice in one of our public parks. She was not told to quit it, but she was dragged before the *medical authorities of the City of New York*, who pronounced her *insane*, and confined her in a lunatic asylum, from where she was only dismissed after seven weeks, and after making the most strenuous efforts for release. In hearing of such a thing one feels himself removed again to the dark ages. It shows, what any one of us may expect some day from the circumstance that such ignorant people are put in authority. As man is born without shoes, to walk barefooted should be most natural for all of us, and he himself must indeed be insane who can declare any one as out of his mind for this most natural action. As mind is judged by mind, we hold that either the patient was insane, or the person who consigned her to the asylum. In studying the records of history, we find that ruling ignorance has always persecuted the champions of new ideas, no matter how correct or how beneficial to mankind they were afterward proved to be. Think of Gallileo and Kepler.

People claim to be sick when they experience pain, or feel otherwise out of sorts, or if some organ or limb cannot be used as usual. This idea

* Louis Kuhne's *Facial Diagnosis*, published by A. F. Reinhold, 60 Lex. Ave., N. Y. City. Price \$2.00

of sickness is shared by the medical people, and is *fundamentally wrong*. If you ask people what is the cause of their trouble, they usually attribute it to a cold, infection or what not. The drug schools distinguish two kinds of disease, acute and chronic; the acute appearing suddenly, are accompanied with fever and pain, and disappear in a few days, weeks, or months at the utmost. The origin of the chronic ailments, that endure

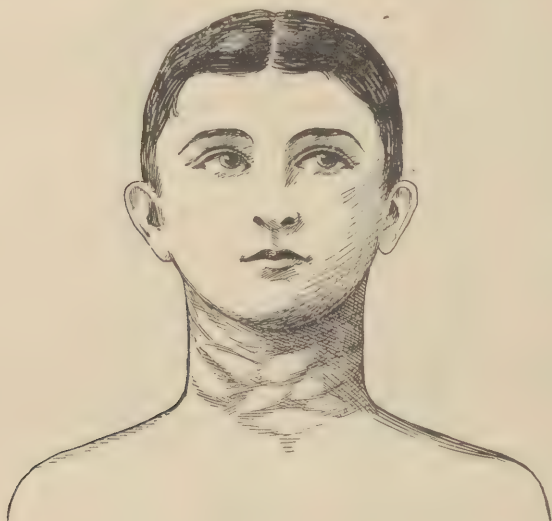


FIG. 68. *Front Encumbrance* is here indicated by the lumps on the neck. Encumbrance is caused by chronic deposits of corrupt matter. The 'acute' diseases originate when these deposits are thrown into a state of fermentation; this action is accompanied by fever. Fever is Nature's endeavor to get rid of the impurities. Drug poisoners, not understanding the beneficial significance of fever, suppress it, and thus force the foul matter back into the system. By their drugs they also increase the amount of impurities, and thus the very people who should protect the public from harm, produce blindness, deafness, paralysis, etc., in consequence of their ignorance.

for years, is a total mystery to the medical folks. With most chronic ailments there is seemingly little or no fever, little or no pain, and in some patients, sensation is quite gone. *This classification is totally wrong.* (Fig. 69.)

The latent, dormant deposits, of which neither the public at large nor the drug profession know anything, *form the only sickness.* Pain and

fever are as much signs of cure as of disease; the body is making an effort to free itself from the encumbrance. The chronic conditions follow

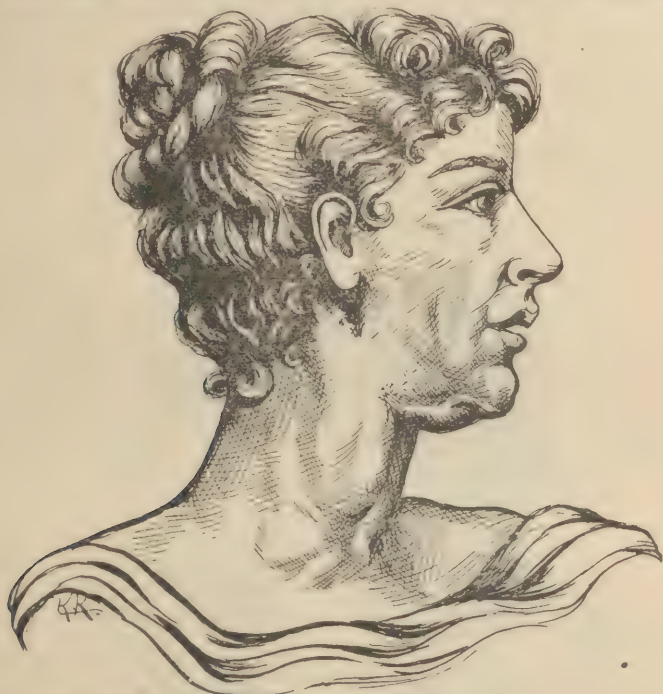
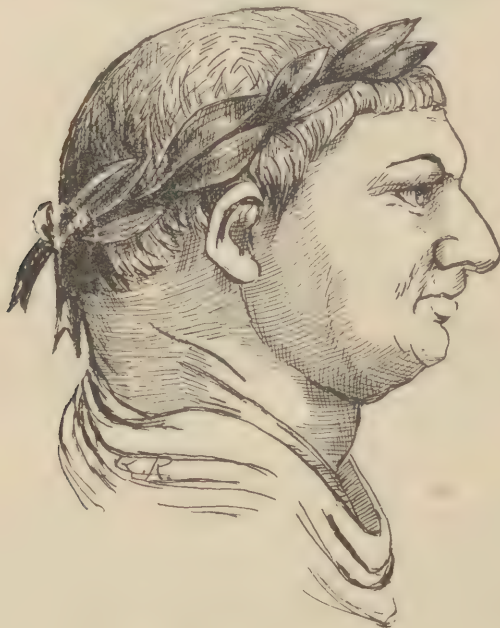


FIG. 70. *Encumbrance of the right side*, demonstrated by the obliteration of the jaw-line. This results from the presence of matter foreign to our system, and is taken either as improper food, etc., or retained as effete substances. This material follows the laws of gravity. If a person *e. g.*, is in the habit of sleeping on the right side, the abnormal material will lead to an enlargement of that side. Then we say, the right side is encumbered. These substances may settle in any place, according to existing circumstances; in this way the many hundreds of different ailments are produced, for which the drug doctors have countless names but not one remedy. They cannot cure any of the *chronic* ailments, or else we would not have them; and they cannot cure the *acute* ones, or these would not be allowed to run into the chronic state. Thus it is obvious, that the drug schools cannot *cure* any ailment whatever. Nay, worse than this; not knowing what sickness is, they mistake the fever or acute condition for the disease and stifle it. But any acute condition is a curative process of nature and should be encouraged not stifled. By their stupid suppression they themselves *cause* all the chronic ailments. We recognize but one sickness—Impurities—and by cleansing the body, we get rid of it and thus cure any ailment, no matter by what special name the drug profession calls it.

only when this endeavor of the body is frustrated, which is usually achieved by the quacks by means of their drugs.

When all functions of the body are rightly performed, we are not conscious of them ; hence, any unpleasant sensation or pain, is a sign of disorder. *Just as the presence of a splinter in the finger, or a grain of sand in the eye, causes irritation and suffering, the presence of any matter not needed for growth or strength in any part of the body, will eventually cause fever and pain.*

Pain in the intestines is often caused by the retension of flatulence, of urine or fæces,* too much food causes the pain of surfeit : too little food



ROMAN EMPEROR VITELLIUS.

FIG. 71. *Back Encumbrance.* The back of the head and the back of the neck form almost a straight line. Any encumbrance can be prevented or removed by our methods, and thereby all acute and chronic forms of disease can be entirely avoided.

is felt as hunger. Both excessive and insufficient light cause pain in the eye. Headache may follow from improper blood as well as from a congestion. The smarting of the eyes or nostrils under the influence of smoke is due to the presence of the minute particles in the air which irritate

* Suppressed perspiration causes rheumatic pains.

them. Pain is mostly due to inflammation—*i. e.*, congestion of the blood. *And just as no lotion can permanently ease the eye until the grain of sand is removed, so no 'remedy' can avail in sickness until after the removal of the offending matter.* Pain, therefore, may be considered as a danger signal—by which the nerves give notice to the central station (the brain, or spinal cord or ganglionic system) that repair is needed.



EMPEROR NERO.

FIG. 72. *Universal Encumbrance.* If a person is stout or obese, this is not a sign of health and strength, but of weakness and disease. For his sustenance, man needs hydrocarbons (fat, sugar, starch,) to give him his animal heat, and albumen to build up his system. If he partakes of the former in excess, not all can be utilized, and the surplus is stored away, producing obesity. Our diet will cure this trouble effectively. The drug schools vainly endeavor to attain this end by poisoning people beyond repair. The microbes of contagion only attack such deposits. A person free of them, is immune to the dangers of infection.

Pain is nothing to be feared but should be welcomed as a kindly signal—dangerous only when its warnings are neglected. Under our system of Natural Cure when a limb has been more or less palsied, pain may appear, or be aggravated for a time. This would mean that blood, and with it,

life, has once more returned to the dead limbs; and while the blood is at work dissolving the deposits, we feel this fermentation as pain. The drug fraternity know as little of the significance of pain as they do of the nature of disease. They concentrate all their efforts upon the suppression of pain and fever. Their pain-killing lotions only deaden or kill the aching nerves, but they do not remove the foreign matter, the cause of the irritation.

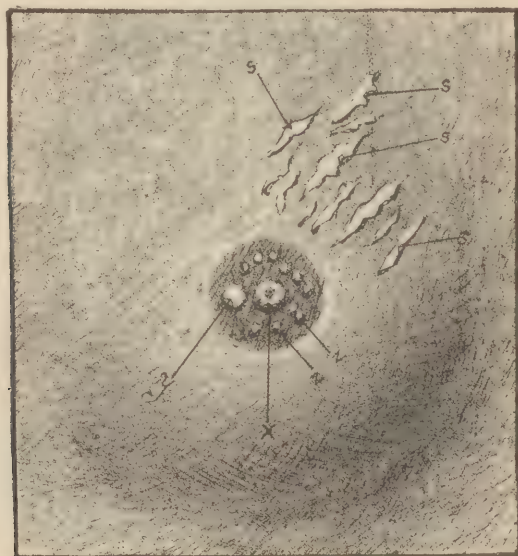


FIG. 73. *A Cancerous Breast; x, the nipple; y, the cancer knot; z, abnormal, yellow, brown papillae; s, peculiar, lightning-like, white, depressed marks, existing years before the development of cancer. By their means, this cancer might have been ante-diagnosed and prevented. Similar marks have been observed by the author over regions of atrophied muscles, and in other cases of a very low state of vitality.*

Hence, *the suppression of pain by painkillers is not only useless but highly injurious.* The pain ought to continue as long as there is any disorder. Cure consists in removing the *cause* of disorder.

Pain is always curable by our mode. As long as there is pain while a patient is under our treatment, there is progress; although there may be progress without pain, and it must be our endeavor to conduct the curative process painlessly.

Among medical practitioners, there is no cleansing process, no assisting low vital power. Their efforts are equivalent to killing off our nerves by degrees. But as all life depends on the integrity of our nerves, of which



FIG. 74.—*In Pain.*

The sensation of pain arises when foreign matter comes in contact with the nerves, *i. e.*, when a grain of pepper or salt gets into a decayed tooth. Similarly, all pain is caused by abnormal substances; it is severest in the parts congested with blood. Pain itself is no sickness; it is only a danger-signal, indicating that some foreign matter has found its way into the body. The only rational mode of relieving pain is by cleansing out the system.

A splinter in the finger hurts. Rubbing a liniment into the finger, will not remove the foreign body, but may stifle the pain by killing the nerves; then, indeed, they can no longer announce the presence of the splinter. However, as we have not one nerve-fibre too many, all having to fill their allotted office, killing a nerve here and a nerve there, as is done by the various drug schools by means of their pernicious anesthetics, kills our vitality by degrees and lays the foundation of the most direful forms of disease.

And yet, it is in these very pain-killing drugs, from which the greatest harm daily arises, that the drug fraternity take so much pride.

we have not one too many, first partial death of some limb or organ and then total death of the body results. The killing of the optic nerve results

in blindness ; it is mostly the result of perverse medical treatment, of their mania of suppressing pain by anæsthetics. Such is the case with deafness, palsy, paralysis, and all the other chronic ailments. They, one and all, arise from medical pain-killing, too often desired by the patient, who in craven fear prefers to ruin the body rather than suffer temporary pain, because he is kept in ignorance of the evil after-effects of drugs.

Our own Ante-Diagnosis shows the difference between the normal and the abnormal form of the body. If there are any deviations, we are thereby forewarned, and can take measures to reëstablish the normal state, before any acute outbreak can endanger life; that way, pain, too, can be avoided entirely.

The Diagnosis of the drug profession shows the system in its struggle already ; they do not recognize the abnormal condition until a crisis is produced, or, if chronic, when the harm done is already an irrevocable fact. It does not caution us, it does not prevent the acute outbreak, and hence is absolutely useless ; and the subsequent drug treatment is comparable to the incoherent and inconsistent play of a child, often most mischievous and disastrous in its consequences.

In concluding this subject of Diagnosis would it not be well to have some means of *diagnosing the physician* whom you intend to trust with your health ?

Our drug poisoners, being totally ignorant of the laws of health, and, as their greater mortality shows, living even more perversely than the average people, it will be evident that their state of health must be far from normal. But you will agree with us that no one should employ a physician who is not in perfect health himself, because if he cannot keep *himself* well, what can he do for you ? Now, in order to enable you to determine the state of health enjoyed by your would-be healer we will throw out a few hints showing how to test him.

If your physician is obese, *i. e.*, if his abdomen has a larger circumference than his chest ; if he has an underchin ; if his nape and jaw-lines are obliterated, he is sick. If his skin looks bloated ; or if his iris is dull and devoid of lustre, or he is bald headed, his body is encumbered. If you notice any warts or wans, or he is short of breath, his general health is run down. If his walk is slow and unsteady, or if you hear him complain of any trouble, such as rheumatism, gout, nervousness, etc., hear him say that he takes drugs himself, he is unfit to give you salutary counsel. If he partakes of meat and soups, and expresses fondness for spices or sweets, his health is impaired. If he is addicted to alcoholic drinks, or uses tobacco and narcotics, you will do well to reject his advice.

A physician who prescribes alcohol, is ignorant of its injurious after-effect; a physician who prescribes poisons under the name of medicines, is ignorant of the first principles of physiology,—that any substance not found in healthy human cells, is poison to them. Any physician, who gives dietetic or other directions, contrary to our teachings, merely following old routine practice, is devoid of original thought, and has never looked into the workings of nature. The patients or their friends will find it disastrous to employ him. Representatives of natural methods, if they deserve this appellation, refuse to use tobacco, or to take coffee, tea, alcohol, spices, or condiments. *Drug prescribers* use most or perhaps all of these articles, and thereby prove that they themselves *are to be classed among the sick*, among those who have to suffer the penalties of deviation from nature.

Louis Kuhne recognizes *two* phases of disorder,—the predisposition or susceptibility to colds and contagious forms of disease, or the latent and chronic condition, on the one hand; and the acute outbreak of disease, on the other. The writer would rather distinguish *three* classes,—the inherited or acquired disposition to disease; the acute stage of recovery; and the chronic state of sickness.

The first is the result of wrong habits of life. What is taken into the system is partially absorbed and assimilated, and the remainder discarded. If the substances used cannot be assimilated and resolved into nourishment, then the body is encumbered with a mass of waste and effete matter. This increases as time goes on, and, though for some time it may not make itself evident by pain or any serious inconvenience, it is, nevertheless, slowly and surely pervading the whole body. Lack of muscular exercise, monotony of work, worry and excesses, etc., all tend to weaken the depurating organs; and over-warm food and clothing, as well as hot and ill-ventilated rooms, aid in the fatal process. *These deposits are the real disease*, as they invite and accelerate other deposits, and form food for the growth and increase of microbes. These minute organisms are everywhere present, but they multiply abnormally when undue heat and fever is produced in the body by the action of the bacilli on the foreign deposits. Thus encumbered, bodies are predisposed to contagion of all sorts. By a change of temperature, or some unusual excitement, or exercise, an unusual supply of blood is forced into some particular spot, the temperature is suddenly raised, and the inherent disorder becomes apparent.

This gives rise to the *second* phase, namely, an acute stage or form of disease—or rather cure. By the process of fermentation, induced by this

excess of heat and increase of microbic activity, the deposits of foreign matter are redissolved and rendered soluble. They can then be taken up by the blood, and eliminated from the body. We see from this, that "fever" is really a curative process, and would never be fatal if not made the occasion of further poisoning by drugs. It is really Nature's own provision for ridding the system of obnoxious materials, and proves that the body still possesses quite a fair degree of vitality. All we need to do is to let Nature have her way, and refrain from introducing any more poisons into the system. Because this fever is accompanied by pain and inconvenience, both the drug physicians and their patients, in their shortsightedness, call it sickness. In reality, it is a sign of Nature's effort to restore health. These acute attacks must be understood and controlled, but never suppressed; and Nature should be assisted in her purging and cleansing processes by more speedy and radical methods than the already overtaxed body is capable of supplying. This is preëminently accomplished by such methods as Water Cure. If, however, these salutary crises are treated by drugs, not only are the microbes killed and the fever and pain suppressed, but the whole tissue of the body is killed as well, for this is composed entirely of minute organisms, and the vitality is at once stifled and wasted. This state of affairs is manifested at last in the third condition, known as

Chronic ailments. Most of these, such as blindness, deafness, cancer, paralysis, diabetes, etc., are simply the result that *must* follow the suppression of the "acute state" by drugs. The so-called "incurable diseases" of the drug doctors' experience, are all of their own creation. In suppressing fever and pain, rather than removing their cause, physicians are steadily reducing their patient's vitality, by killing each sign of returning life as promptly as it appears. The nerve centers at last cease to respond, and blindness, deafness, palsy, etc., develop in consequence. Then the physician takes his leave, and well he may. Thus it becomes clear that the *real* sickness is the original encumbrance of the body. The acute conditions that are *called* disease are the evidence of this, but at the same time furnish proof that sufficient vitality exists to throw it off.

A knowledge of *Facial Diagnosis* renders even these signs needless as it enables the patient to discern the *approach* of an ailment. A *real* cure can be effected only by the *removal of the cause of disorder*, and by cleansing the whole body of corrupt matter. But even this is not proof against a second surcharge of the body with impurities. Permanent health is only reached by a thorough cleansing of the body, and faithful *continu-*

ance in a rational, natural, mode of living. The reason our methods of cure are so successful is simply because they are *natural*, and often a disease that has grown worse for years under the drug treatment will yield to these measures in a few days.

Perfect Beauty and perfect Health go hand in hand. Now, as the Greek statues, such as the Venus de Medici, or Apollo de Belvedere, are universally acknowledged standards of beauty, we may also take them as our standards of health. Therefore, in order to enable our readers to find out for themselves their relative positions regarding both health and beauty, we submit a table of measurements with which they can compare their own.*

We must bear in mind that short, thick-set people have somewhat different ratios from the tall; and those of the young differ materially from those of adults. Measurements should be taken before meals. (Fig. 76.)

* *How these tables were obtained.* It was by the inestimable courtesy of the trustees of the Academy of Designs, as well as by that of Mr. L. B. di Cesuola, Director of the Metropolitan Museum of Art, that the author was permitted to measure the casts and statues on exhibition.

In order to enable a person to compare his own measures with those of the ancient statues, it was necessary that both, the person as well as the statue, should assume the same upright, military position, with legs straight and both arms down the sides. It is easy enough to make a person assume this pose, but as to the statues, occupying as they do various attitudes, we had no choice but to try to obtain the required measures by calculation. For this purpose we proceeded in the following manner:

For our purpose, we had to reject all draped figures. Then, as to height, we had to use our judgment to a certain extent, as the hair of a living person will yield to pressure, but that in a statue will not. Of female statues, we measured: three different statues of Venus, one Running Nymph, a White Captive, one California, one Evening, three Aphrodites and two Graces; of male figures: The Apollo de Belvedere, Antinous, Doryphorus, Diadomenos, another Apollo, and Herakles. Thereupon we took six female, and four male models, and made them assume first the upright, and then the various positions of the diverse statues. Then we divided each girth by the respective height, thus ascertaining the ratio between the circumference and height. Furthermore we calculated the average of the ratios of all the models when standing erect, and also the average of the ratios of all the models when they had adopted the position of one and the same statue. Finally, assuming that the proportions of the upright positions of the models (u) to their positions when imitating the statue (r), was in the same proportion as the looked-for upright position of the statues (s) to that of the statues (t) as actually measured,

$$u : r = s : t, \text{ or } = s \frac{u \cdot t}{r}.$$

we obtained numbers slightly differing for the various statues. The numbers given in the schedule are again the average of all the statues.

The male models used, were of an athletic type, and in our opinion, unusually well built and yet the development of their arms was inferior to that of the ancient *female* statues. The ancients had a thicker neck; chest and arms possessed a greater circumference, the abdomen above the navel was larger, and the girth below the navel was less.

As to the normal *weight* of a person of good proportions, we are unable to give any correct data; but approximately we may say, if a person 5 feet 2 inches in height weighs 127 pounds, the weight of taller people should increase by 5 pounds for every additional inch.

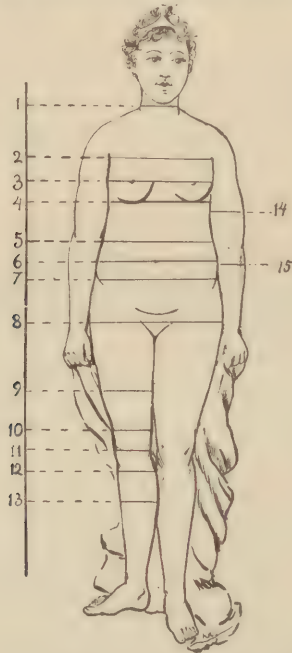


FIG. 75.—*Perfect Shape means Perfect Health.*

When walking along any of our great thoroughfares and observing misery, ugliness and disease reflected on almost every face, we wonder what the ancient Greeks would say of the advantages of modern civilization, if they could watch us, and whether they would have been willing to exchange places with us.

Our sense of beauty is considerably degenerated, as most people admire a certain excess of fulness, which from our hygienic point of view indicates an *abnormal* state of health.

Numbers Corresponding to the Girths of Fig. 75.	Ratio of Statues, Found by Dividing Girth by Height.		Ratio of the Models Found by Dividing Girth, when Up- right, by the Height.		The Author's Own Measure- ment.	Column x *
	Female Statues.	Male Statues.	Female Models.	Male Models.		
<i>Circumference of Head</i>362	.332
From One Ear Opening Across Top of Head to Other Ear Opening.....					.218	.206
1. Neck.....	.210	.228	.197	.220	.228	.205
2. Chest Under the Arms.....	.53	—	.499	—	—	
3. Chest Around Mammæ.....	.556	.639	.506	.546	.548	
4. Chest Below Mammæ.....	.486	.601	.442	.513	—	
5. Abdomen, 2 inch Above Navel.	.445	—	.429	—	—	
6. Abdomen, Around Navel.....	.507	.45	.509	.481	** .35	.426
7. Abdomen, Below Navel.....	.553	.526	.568	.517	.507	
8. Hips (Around Buttock).....	.59	—	.591	—	—	
14. Right Upper Arm.....	.173	.191	.156	.173	.175	.151
15. Left Lower Arm.....	.166	.173	.141	.156	.153	.150
13. Right Calf.....	.223	.235	.220	.210	.212	.202
Left Calf.....	.224	.228	.223	.208	.210	.201
9. Middle of Right Thigh.....	.322	—	.317	—	.328	.302
Middle of Left Thigh.....	.312	.322	.311	.285	.310	.3
Chest Expanded.....					.582	.536
Chest Contracted.....					.515	.495

* Column x was calculated by us from several thousand measurements of college students and people who practiced gymnastics, compiled by Prof. Holmes W. Merton, author of "Descriptive Mentality."

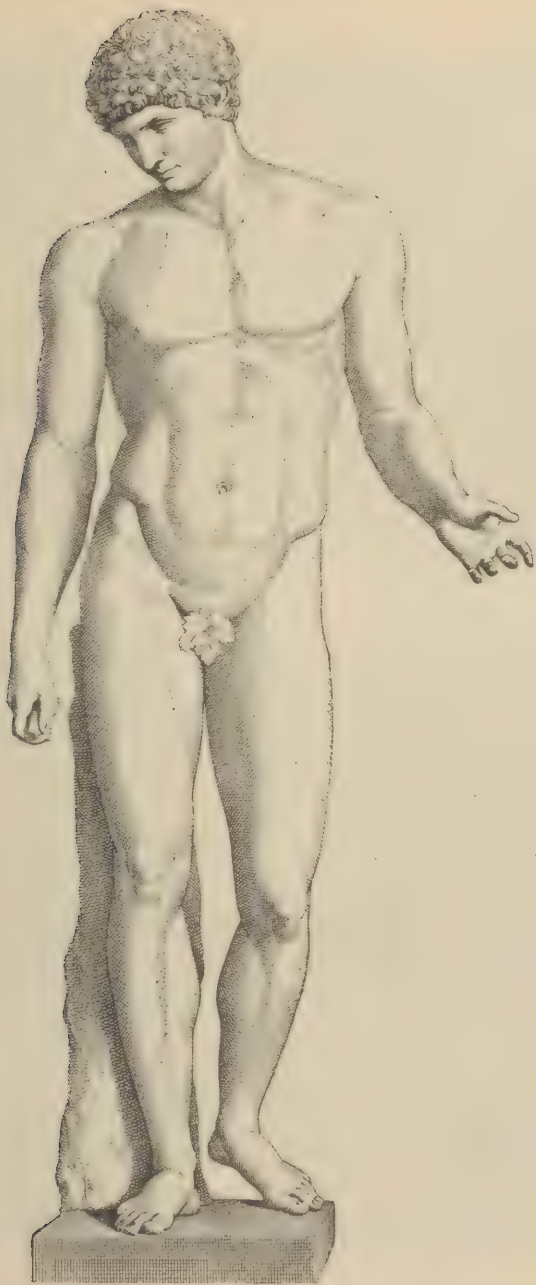
According to these measures, the average weight of a person expressed in pounds, was equal to his height in inches multiplied by 2.1-25.

** The author, living strictly in accordance with his own hygienic principles outlined in this volume, *viz.*, rejecting meat, soups, spices, alcohol, etc., in spite of his sedentary habits, approaches the Greek ideal nearer than any person that has ever come under his observation. His small waist is specially noticeable, and as the Greeks were meat eaters, devotees of the cup and admirers of the opposite sex, he doubts whether the Greeks transmitted to us in their statues the highest standard of beauty, as it would be accepted by a race that had lived for some generations strictly after our hygienic regime.



FIG. 76.

S. Adonis du Vatican



L'Antinous du Capitole

FIG. 77.

If both sides of our body were exercised evenly, they would be symmetrical. The less used must be the less developed. In *sickness*, it is often the reverse, the side not exercised being the stouter.

Our diagnosis not only reveals the past and present, but also the future, and keeps constant track of the progress which the patient is making under natural treatment.

Young and healthy people have remarkably long necks; the length being almost in proportion to the health; and the comparative shortness indicating the person's encumbered condition or sickness.

There is hardly any difference in the proportions of two wild horses, of the respective ages of 5 and 15 years; but when you compare a girl of 17 with her mother of 40, what immense difference in weight, shape and proportion. This difference mainly consists in deposits of foreign matter in the mother; these deposits can be removed by our treatment, and thus the awkward and clumsy, unwieldy form of the parent can be brought back to its virgin, normal proportions of grace and beauty. (Fig. 78.)

A diagnosis which requires specialists for each and every form of disease is absurd on the face of it. The human body is a unit and must be treated as such,—not as if each separate organ was independent and could be diseased or healthy exclusively.

“A pimple on the nose, for instance, does not indicate any particular nasal disorder, or necessitate the attention of a specialist. The blood in the nose, and that throughout the rest of the body, is identical. Purify this, and the pimple, or trouble of whatever sort, disappears. External affections of this kind are nature's hints that we are transgressing her laws. They should not be suppressed by any special treatment, but rendered unnecessary by intelligent conformity to the laws of health. The chief danger arising from separate, special treatment, lies just here. What is repressed at one point, must appear somewhere else, later on, and, necessarily, with greater intensity. *It is only by considering the body as a whole, and removing the cause of this friction, that any real cure can ever be accomplished.* Mercury, quinine, morphia, antipyrine, arsenic, iodine, bromide, all are powerful means of effecting this local repulsion, but they are really, at the same time, the deadliest of poisons. A ‘cure’ effected by their use, means simply a fatal step on the road to continued ill-health, and away from all possible recovery.” (Facial Diagnosis.) (Fig. 79 and 80.)



FIG. 78.—*Aphrodite.*



FIG. 79. — *Rev. Seb. Kneipp.*

Kneipp drank beer, ate meat, soups and spices, and smoked; he lived about as abnormally as other people, and as his absent neck, loss of jaw-line, heavy underchin, etc., prove,—was no more normal than the average person. Kneipp gave as his opinion that vegetable diet produced a high abdomen. From whence he got this idea, we do not know. On an average we find that butchers and saloon-keepers have the greatest abdominal circumference, and farmers the smallest. The author living in accord with the principles herein embodied, and frequently on raw vegetables, has the smallest abdomen that ever came under his notice. If he ventures to introduce his photograph it is not in order to pose as an athlete, for he looks upon athleticism as a waste of vital force, holding that we should exercise our muscles only sufficiently to facilitate the necessary amount of tissue-change requisite to health; not as an absolutely normal person, for he has lived perversely the greater part of his life and is compelled to assume habits, that allow little time for muscular exercise; but he presents it as that of the one person coming nearest to the normal standard in its functions and reactions. He also presents it to disprove the idea that it is only *meat* that

FIG. 80.—*The Author.*

gives strength. He calls the reader's special attention to the low abdomen, with its various lines of demarkation, the chest, arms, long neck, distinct nape- and jaw-lines, and the appearance of the iris of his eyes. (See FIG. 65.) His aim has been to attain the highest possible state of health; and the picture was produced to demonstrate to what degree he has succeeded within a few years. He also submits his picture for the benefit of his drugging friends, doubting whether they could produce from their ranks throughout the broad expanse of the United States a second person of his age, 47, equally normal. Imperfect as his proportions still are, he ventures to claim that the following points have been sufficiently demonstrated. The Greeks as represented in their statues, had too high an abdomen. Raw vegetables are quite competent to give any amount of strength, as exemplified in the gorilla; and as to health, vegetables form our ideal food.

SUMMARY.

SIGNS OF HEALTH OF BODY AND MIND.

A GOOD APPETITE for man's normal food, in its natural condition, without condiments. Satisfaction should be reached before satiation, and should be followed by no unpleasant feeling of fulness or tightness. Digestion should proceed quietly and unconsciously.

WHEN THIRSTY, there should be desire for fruit, or water only; stimulants and narcotics should be loathed.

TEETH, PERFECT.

THE URINE should be clear, and of a golden yellow color. It should have neither a sweet, sour, nor pungent odor, should not be cloudy, or contain blood, or form deposits on standing, nor should it coagulate when boiled. Its voiding should proceed easily, and without pain.

THE FÆCES should be of a yellowish brown color, solid, and cylindrical. They should leave the rectum without soiling it. There should be as many movements as meals are taken.

HEALTHY PERSPIRATION has no disagreeable odor.

THE SKIN should be warm, smooth, elastic, firm and somewhat moist, tanned by the sun, and slightly reddened over the whole body in consequence of a perfect blood circulation in the capillaries of the skin. It should be easy to raise from the forehead, cheek-bones, and nape-line. No fatty cushion should settle between the skin and *bones* in these places. Pressing the tip of the finger on any part of the skin, the depression thus made should disappear immediately on removing the finger, and there should be no wrinkles in the skin.

NAILS should be pliable.

THE COMPLEXION should be neither pale nor flushed. It should be free from pimples, warts, or ulcers, and nowhere show tension, shine, or unnatural discolorations.

THE HAIR should be full, and of its natural color.

THE EYES should be clear and bright.

ALL SENSES should act in a normal way.

RESPIRATION should be free from any noise or difficulty. The breath should be habitually inhaled through the nose.

SLEEP should be restful, quiet, and uninterrupted.

THE NECK should be free from swellings, or lumps, and its muscles should be mobile. It is rather long in healthy people of any age.

THE ABDOMEN should be soft and low. No young or healthy animal has a high abdomen.

THE HEAD should be symmetrical in shape, and on the centre line of the body.

BOTH SIDES of the body should be equally proportioned.

BOTH SHOULDERS should fall in the horizontal line.

ALL PARTS OF THE BODY should be of proper size, proportion, and vitality.

THE THREE LINES OF DEMARCATION, which are the jaw-line, nape-line, and thigh-line, should be clearly defined.

THE CARRIAGE of a healthy person, should be erect, and his movements should indicate perfect control over his muscles.

CHANGE IN THE TEMPERATURE or humidity of the atmosphere should cause no discomfort whatever.

SEXUAL desire should only appear, and be satisfied in accordance with the provisions of nature.

THE MIND should be well balanced in all its faculties, and the disposition, cheerful, hopeful, and benevolent. The healthy body finds pleasure in the performance of every function, in seeing, eating, even in satisfactory evacuations.

THE SOUND BODY performs all functions without pain, difficulty, or the need of artificial stimulants. Neither young nor old should at any time be conscious of any particular organ. There should be no fluid secretion from the skin, no expectorations, nor discharges from the nose, eyes, ears, genital organs, nor from any other place. Sweating in summer, however, cannot be considered an indication of anything abnormal.

ALL SENSATIONS, whether physical or mental, should be normal, not dull, nor yet supersensitive. A palsied condition of either mind or body, is abnormal; neither should one's equanimity be destroyed by a trifling vexation or a pink prick.

SYMPTOMS OF DISEASE.

Appetite is diseased when a loathing of man's natural food and drink is present. *Teeth*, brittle, defective, painful, ulcerating.

When the *ejections* from the bowels look white, black, or gray; when they are in the form of hard balls, or liquid matter, or contain blood, or worms, or have a very offensive odor, it is an indication of disease.

The *Skin* indicates disorder, when it is soft like velvet, and cushion-like beneath, or when it is of a sallow complexion, cold lifeless, numb, pimpled, warty, or too hot and too red, or too flabby or puffed up. It should not be dry and cracking, as is often seen on the hands, finger tips and lips. Profuse perspiration, specially in cold weather, and at night, is abnormal. A skin which does not perspire under exertion, or in hot weather, is likewise abnormal. Brittle *Nails* indicate disease.

GRAY HAIR generally indicates exhausted vitality. Loss of hair shows that the scalp is encumbered.

All acute disease is preceded, perhaps for years, by continued deposits of foreign matter. These sometimes appear as painless swellings, or lumps. If distributed, however, evenly over the body, they give a person the appearance of being robust. These deposits, of course, greatly alter the shape of the body. The color of the skin, too, changes to an ashen or yellow hue. The appetite becomes morbid; craving for spices, stimulants, etc., leads to lower tastes and sexual excesses.

THE PUPIL OF THE EYE should be jet black; grayness indicates cataract. The iris should be of a uniform color, gradually growing darker from the inner towards the outer margin, and lighter rays converge towards the pupil. Brown rays near the inner margin, next to the pupil, usually indicate an affection of the liver, and dark irregular spots show quite heavy encumbrance of this organ. Irregular gray cloudy spots in the iris are symptomatic of nervous affections. A gray ring about the outer margin, (the so-called *Arcus Senilis*) is a sign of low vitality; and a uniform dull appearance of the iris, proves universal encumbrance. The pupil of the eye must readily contract under the stimulus of light, and as readily widen in darkness. A deficiency in this respect shows great encumbrance, or loss of vital power.

The *Mind* is affected and also the brain, when a person is peevish, cross, of changeable moods, dull, forgetful, dissatisfied, unreasonable, unjust, illogical, improvident, etc.

FOREIGN MATTER FOLLOWS THE LAW OF GRAVITY. Persons who sleep habitually on one side, find that side most liable to be encumbered.

IN FRONT ENCUMBRANCE, the neck swells at the front.* The lips, nose, chin, and perhaps the whole face, is enlarged and clumsy. The jaw-line disappears, and, possibly, a goitre may form. Front encumbrance leads also to such acute forms of disease as measles, scarlet fever, diphtheria, pneumonia, etc. Other ailments follow, such as loss of teeth,

* In speaking of swellings of the neck, *chronic* conditions are referred to.

(the lower ones first,) loss of hair, (beginning at the front,) nervousness, affections of the eyes, etc. This kind of encumbrance never leads to mental disorders, and is comparatively easy of cure.

SIDE ENCUMBRANCE is of a more serious nature than the frontal. All parts of the affected side may be enlarged, and loss of teeth may follow. Cords will probably appear in the neck, and there will be a tension of the muscles when the head is turned.

IN RIGHT SIDED encumbrance, the liver is affected, giving the complexion a yellow tinge, and its torpidity is also proved by costiveness.

IN LEFT SIDED encumbrance, the action of the *skin* is not normal. The left kidney, the spleen, and the heart may be affected. It is more dangerous than right-sided encumbrance.

BACK ENCUMBRANCE is the most dangerous of all. It frequently causes affections of the spine, and symptoms of paralysis. The back of the neck becomes thick, and the nape-line is entirely obliterated. Loss of hair follows, beginning at the back. It is connected with nervousness, inattention, loss of memory, want of energy, and perhaps symptoms of insanity. Here again we see the importance of Facial Diagnosis.* It enables us to discover the *approach* of insanity, and, consequently, to escape it. With children, high fevers accompany back encumbrance as well as undue precocity. Adults often have a bloated appearance, giving the ignorant, the impression of robust health. Premature sexual desires, leading to secret vices, are a consequence of this kind of encumbrance. This causes early impotence, incapacity for procreation, or feeble offspring. A woman with this affection, will be liable to miscarriages, or total barrenness, and, in any case, will be unable to nurse her children. The kidneys, too, become disordered. This is indicated by soft, watery bags beneath the lower eyelid, as well as by the character of the urine. Persons suffering with back encumbrance become morbid and hopeless, often lacking energy even to continue the eliminating baths necessary for cure. They also appear at a disadvantage in dealing with others, and are apt to be "worsted" in a test of skill or mental ability. This affection is more common with what are termed the "better classes." Thus we see a constant balancing of accounts between the social strata. The poorer, by reason of their greater vitality, gradually rise above the average level of intellect. The richer, because of their neglect of the laws of health, eventually sink below it.

* See Louis Kuhne's *Facial Diagnosis*, illustrated; translated and with notes by A. F. Reinhold, M.D. Price \$2.00,

WITH ALL KINDS OF ENCUMBRANCE, the organs of digestion are affected, as well as the intestines and lungs. A change in the temperature, or some mental excitement, often disturbs the deposits of foreign matter to such an extent that inflammation ensues. This may result in diarrhoea or costiveness. In either case, it indicates bad nourishment or extreme poverty of blood. Sometimes consumption follows. This is as easily cured by water processes as any other disease, because Facial Diagnosis makes it possible to recognize tendencies in this direction much sooner than could be done by any other method.

CHILDREN WITH LARGE HEADS, are always scrofulous, and predisposed to consumption.

COLDS are to be regarded as salutary crises, as what escapes from the nose, and what is thrown off in expectoration, is only foul matter, of which the body is well rid. This also is true of catarrh. Physicians fear colds because they do not understand their nature, and cannot control them. But the hydro-therapist produces this effect *intentionally*, by means of cold water applications. In every instance, a cold should be salutary, and is so, if not suppressed by poisonous drugs, which stifle nature's efforts toward cure, and retain the impurities in the system. Cure is only possible, when the patient has sufficient vital power left to work upon. The chief aim, of course, in any treatment, is to increase the amount of vitality. But there must be a sufficient degree of vitality at the start, to enable the patient to undergo this treatment. There is not a single ailment that has not already succumbed to the Water Cure processes.

RECAPITULATION.

CHAPTER 18.

CONTRAST BETWEEN THE PHYSICAL CONDITIONS OF WILD ANIMALS AND MEN.



So we have stated that perfect health is now found only among wild animals, who are free from the drug physician's tender care, let us look closely at their habits as contrasted with those of man.

Wild beasts eat only such food as Nature has provided for them, which nourishes all their organs to perfection. They refrain from taking spices and stimulants, which induce overfeeding and excessive drinking. They do not gorge themselves thrice daily, or oftener, nor have they any tables groaning with viands. They do not take cooked food, nor spoil their teeth by eating alternately hot and cold in rapid succession. They do not eat their food in haste, and then rush to physical or mental exertion. Their entire work consists of eating.* They take no apothecary's stuff, incapable of nourishing the cells, but powerful to kill them. For all these reasons, they are not visited with dyspepsia, gout, apoplexy, paralysis, liver and kidney troubles, and other maladies. They use no sugar concentrated in lumps, only in the liquid form as found in fruit and vegetables; and no vinegar, except the mild acids contained in plums, apples, cherries and other fruits. Of course they drink no milk, except while young, from their mothers, and they know nothing of beer, whiskey, or champagne; thus they escape the direful results of sexual excesses. Usually they live on a single article of diet. A lion would starve to death in a grove of the richest fruit, and a sheep could not subsist on meat. They need no ice-boxes. No animal smokes, chews or snuffs tobacco, nor do they excite their nerves by using narcotics.

* If from this statement any one would draw the inference that we advocated laziness and gorging one's self from morning to night, he would be greatly mistaken. But what we desire is to point out the paramount importance of a proper mode of eating.

Their blood not being vitiated by a perverse diet, their skin is free from pimples, ulcers, and fatal carbuncles. They do not contract bronchitis, asthma, or tuberculosis by inhaling the contaminated air of confined rooms; nor do they weaken the muscles of respiration by wearing stays. No clothes suppress the action of their skin by depriving it of the free access of pure air, and the invigorating stimulus of daylight.

For the same reason, their females are exempt from any of the countless female complaints, such as prolapsus of the uterus, inflammation of the ovaries, tumors, cancers, etc. That their menstruation, if there be any, will be normal, may be taken for granted. However, we doubt that animals menstruate at all under normal condition, as the menses in the human species may possibly be due partly to the abuse of the sexual organs for many generations, and partly to our social conditions. The females, irrespective of their condition of pregnancy, exert themselves as much as the males, at all times. They are confined to no bed for a moment; and no matter, whether they give birth to one, or a dozen offspring at a time, they contract no puerperal fever, nor do any die; and no representative of the drug school has a chance to get a cent out of them for services of midwifery. Nor have they any doctors, (!) proud of that choice collection of obstetrical instruments with which medical science (!) has presented mankind for the delivery of a weakly generation. Their young are always sound and hearty. No drugging scoundrels show them how to bring on abortion. They are always able to give suck to all their young, regardless of number; they have no use for nursing bottles, nor need they study any books on artificial feeding. No drug advocate tells their females that nursing weakens; and the young being properly fed, do not die in infancy by the millions.

Because they abstain from heating food and beverages, they are not subject to sunstroke. They have no clothes, stoves, gloves, or houses to stifle the action of the skin and to make it anæmic, consequently there can be no congestion of the inner organs. No veils are worn to spoil the eyes or to retain the foul breath, and no lamps are used to turn night into day. No tight shoes gives them corns; no high heels produce bent knees and curvature of the spine. Exercise keeps their blood in circulation, so that no deposits can form in the limbs, making them cold, and crowding the blood upward. Since they eat the right kinds of food, and no false modesty prevents them from satisfying the calls of nature,—their depurating organs are in perfect working order, no deposits can form, and hence constipation, diarrhœa, gall-stone, Bright's disease, diabetes, etc., are all unknown to them. Being free of encumbrance, they are

exempt from pain and ache. They cannot contract "Colds," as the cold only influences the foreign matter, if such be present; and in their systems there is none. Hence, they are not subject to attacks of rheumatism and gout; and no foul matter can escape from sore eyes, running ears, or be discharged from the nose, mouth or other orifices, because no foul matter is in the body.

Keeping the tone of their nerves in normal condition by the constant exposure of their naked bodies to the daylight, nervous affections and secret vices are not found with them. This also precludes those sexual diseases, as gonorrhœa and syphilis, which cause our drug people to make such ridiculous and ineffectual attempts at cure. No perverse living makes them sleepless, gives them sick headaches, nor causes nervous exhaustion.

Animals do not become insane, nor do they require any asylums for the blind, deaf, and incurables, nor any dispensaries, where great medical lights strut about as if each were a ruler of the world, forgetting that these very buildings are monuments to their bottomless ignorance.

In a herd of wild animals, all appear nearly alike, young and old; when mature, all have the same shape, size, proportions, disposition, etc., male and female. Only the very young are frolicsome, and the very old, less active. "Decrepitude of old age," almost unknown with them, is principally one of the ingenious inventions of our drug people to cover their ignorance; whenever they fail to cure a person of mature years, they assign *age* as the cause of their failure.

Animals only die because of old age, accident, or by falling a prey to some other animal. They are never assisted to a premature grave by medical friends, who first pervert their good habits by irrational doctrines, then kill them gradually by drugs, or suddenly by the surgeon's knife; and finally when death has come to quiet pain and ease suffering, these same kindly people are often at liberty to cut up the dead body of their victim, to trace the progress of their own art.

Looking at the ease with which wild animals maintain their perfect health, do not the frantic efforts man makes—to lose this precious heritage—seem criminal and imbecile?

Let us now see the other side of this picture; let us watch man at his table and observe him at his daily habits.

If you walk along any one of our great thoroughfares, you may notice an oyster-house, where bivalves are served in every style, and from which the customer extracts almost no nourishment, but immense quantities of pepper and salt. Next door, you find a tobacco-store, selling its

deadly poison. Then a dining-room may follow, with a bill of fare, consisting of meats from the beginning to the end. Next door is a saloon, with its beers, wines, liquors, and other alcoholic drinks. A drug store may come next, with its thousands of pernicious drugs. As there is scarcely a block without a candy-store, it may be a shop of this kind which we next encounter. Poison from first to last. What drug advocate ever called the attention of the public to this perverse and ruinous condition of affairs? None; how could they? Not knowing what sickness or health is, they do not know how either originates, and consequently are in a condition of utter blindness as to our frightfully abnormal circumstances. (Fig. 81.)

When people order one of those "regular dinners," the waiter commences by pouring out a glass of iced water. The guests drink some, and immediately after, gulp down a steaming soup, generally thoroughly spiced. Then some meat is taken, with more spices, often beef from tuberculous cattle. White bread, deprived of its strength-giving gluten, is served with it, and then, after some badly cooked vegetables, puddings, sweets, etc., follow. As a rule, too much is eaten, and that too fast, no time being allowed for mastication. Some even read while eating, and hence mastication is still more neglected. Often the meal is finished by swamping the intestines with a cup of boiling coffee; this not only washes away the saliva and stomach secretions, which are absolutely necessary for digestion, but also throws part of the undigested contents of the stomach in their crude form into the intestines. Not satisfied with this, some physicians will even recommend an after-dinner cigar! Naturally, people will contract some digestive trouble, for which, sooner or later, they take poison, usually called medicine; and still the public, as well as the drug fraternity, are surprised because so many people are sick!

We must select such food as agrees best with our constitutions. All that proves injurious should be carefully avoided. On this principle the writer is a strict vegetarian and rejects meat of all sorts as injurious to the health of human beings. There is an old saying, that "the proof of the pudding is in the eating," and surely the value of any theory is tested by its definite *results*. We maintain that man's whole nature is influenced by his physical health. Food is the principal factor in the upbuilding of that health. Consequently the character of food consumed must have the greatest possible influence upon the whole life. No one can deny the existence of poverty, discontent, and unhappiness. Now, we contend that if a man suffers from these, it is his own fault. If he would live

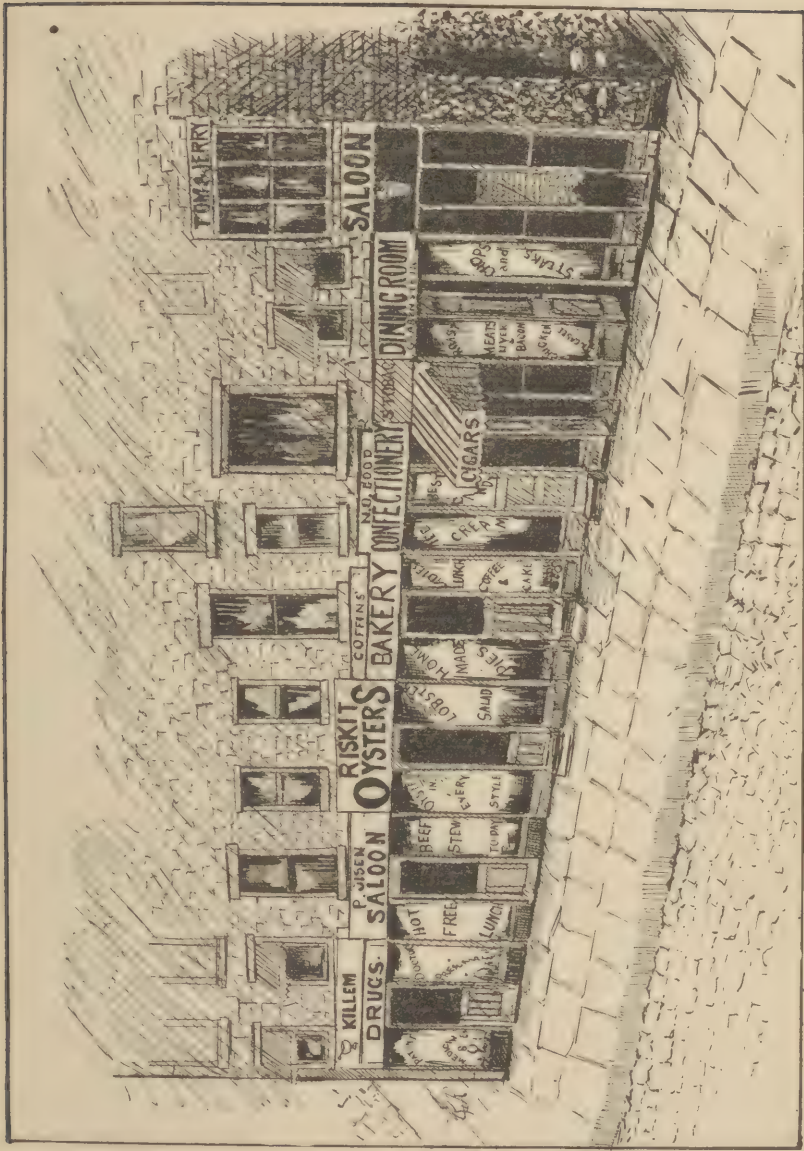


FIG. 81.—*A City Block of Houses*: where—house after house—nothing but poisons are sold. Small wonder, that all people are sick.

naturally he would be better nourished, and at a far lower cost. Through the medium of a healthy body, he would see his fellow men, and life at large, in a wholly different light. Life, in fact, would be transformed for him, and, from a possible pessimist, he would naturally develop wholesomely optimistic views. Let the rational reader not ridicule this as fanciful, absurd, or impracticable. Let him first give it a fair trial for himself. He must not condemn the "pudding" until he has eaten it, nor our theory until he has tested it.

Cooking destroys to a great extent the nutriment contained in any food material. Every one has noticed the change that takes place in the white of an egg when heat is applied. Similar coagulation occurs in everything that we cook, for albumen is found in all foods. They are thus rendered indigestible. It is not what a man eats, but what he *assimilates*, that nourishes him. Consequently, we see that most of the cooked food which people consume, is just so much wasted material. It is more expensive and gives no strength, but, rather, squanders the vital forces, and shortens life.

We take it for granted that man originally enjoyed as good health as the beasts. We cannot suppose that he came from the hands of the Creator in a less perfect state of health than the animals enjoy even to-day. Let us see what that condition was which made him exempt from disease.

He had no fire to cook his meals; he had no spices, not even salt, for most spices came into use during historic times, and by far the greater number were introduced into the Occident since the middle ages. His teeth were perfect and hard as adamant. He lacked swiftness to catch animals, and had neither weapons with which to kill them nor knives to flay and cut them up. Therefore, having no meat, spices, or alcohol, man had no perverted tastes nor sexual excesses. He had no cooking pots, no spoons, and no soups. Providence had intended him to live on wholesome fruit, not on the carcasses of tuberculous cattle. He used no sugar, no vinegar, no fruit ices, no iced water, no tobacco—which was brought to Europe less than 300 years ago—no coffee, tea, opium, nor mercury; in truth, he knew neither drugs nor disease; and none of those people who style themselves "doctors," and who arrogate about 99 per cent. of all the pride found in a nation, then cumbered the ground. Men had no domestic animals, whom they could make sick by perverse feeding; they had no slops for cows, and no cooked vegetable food for dogs; in those days, the cattle were free from consumption, and the dogs exempt from hydrophobia.

Is it a matter for wonder that to-day man contracts all sorts of infectious diseases by his deviations from nature? He had no vehicles to ride in to rob him of exercise, nor any artificial illumination to deprive him of his sleep. At night, he repaired to a cave, or made a resting place on a tree. He had no clothes, no rooms, no window-panes, which were manufactured rather recently, or to close rooms hermetically. Skin and lungs had the full benefit of the open-air, day and night; and the sun shone upon his skin during the day. Always living under the canopy of heaven he was almost unconscious of the vicissitudes of weather. We conclude that the aborigines were healthy, without the acquisitions of civilization which have caused man to become more and more degenerate, until we are scarcely able to find a normal human being. Each of the perversions may be followed up as to its consequences till it ends in some chronic ailment or early death. Formerly, all was natural; to-day, all is unnatural, and this causes the mischief.

Would we advocate a return to the wild state? By no means. We only want to make people conscious of their immense deviation from nature, and from the original healthy state. We hold that both conditions, health and comfort, may be combined. But to do so, it is necessary to recognize the conditions of perfect health clearly. Thereby we wish to induce our readers to comply with nature's laws as much as is compatible with the full enjoyment of the acquisitions of modern times and so insure perfect or nearly perfect health. We think it can be done to a large degree; and if people are sick it is all the fault of the drug prescriber, whom we are tempted to call an antiquated creature, who always was out of place, and out of harmony with nature, and who is now an actual disgrace to our enlightened times.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.

Fresh cases of any disorder are cured by Natural Methods in a very short time. But the more a person has been drugged, the longer it takes to restore health ; and there is a limit where a person's health is so shattered by the irrational drug mania, that even the powerful Nature Cure proves of little avail.

PART IV.

CURE.

RESTORATION TO HEALTH.

DYSPEPSIA, ANÆMIA AND DIABETES.

CHAPTER 19.



HAVING proved that, owing to the blind ignorance of the underlying cause of disease exhibited by the drug fraternity, and to the perverted mode of life, which is not only permitted, but prescribed by this same life-restoring (?), pain-healing (?) profession, the human race, as a class, has lost Health and is seeking a cure for its manifold forms of disease. We naturally turn to the *methods* by which the drug schools seek to give us back, *what we should never have lost*, except for their advice and assistance. Their cures (?) are broadly speaking, effected in two ways: either by the Drug System, the fatal results of which we have already shown, or by the use of the surgeons' knife. In contrast to these inefficient means, we will place, side by side, the marvelous and permanent *cures of our natural methods of healing*.

If in our endeavor to show you the only way to *cure* absolutely and permanently we repeat some of the truths already presented in *How Health is Lost*, it is because the Loss and the Cure are so closely interwoven, that it is well-nigh impossible to treat of the one without bringing in the other.

(FIG. 82.)

First, let us see the methods and the results of the Drug System. Let us quote from some of the shining lights of the drug profession itself: "The medical practice of our day is at the best a most *uncertain* and unsatisfactory system. It has *neither philosophy nor common sense* to commend it to confidence." (Dr. Evans, Fellow of the Royal College, London.) "Gentlemen, ninety-nine out of every one hundred medical facts



FIG. 82. A *Grain of Sand* in the eye is washed out by tears. On this principle, all foreign substances such as drugs are removed from the system by fluids secreted from the blood. This always involves a loss of vital force, demonstrated by the exhaustion felt when the foreign body remains in the eye for some time. If a person takes Epsom Salts for costiveness, the body secretes fluid to get rid of this poison; the purging is only incidental. No drug ever benefits, and the vital power, lost in the effort to throw them out, can never be restored.

are *medical lies*; and medical doctrines are for the most part *stark staring nonsense*." (Prof. Gregory of Edinburgh, author of a work on 'Theory and Practice of Physic.') "Some patients get well with the aid of medicines, more without it; and still more *in spite of it*." Sir John Forbes, M. D., F. R. S. "*Every dose of medicine given is a blind experiment upon the vitality of the patient.*" Dr. Boswick, author of History of Medicine.

Now are not these expressions indeed startling, and calculated to shake our faith in the skill and knowledge of our medical advisers? *It* advocates of the Nature Cure know that disease consists only in the presence of foreign matter, and *cure* can be effected in but *one* way—the removal of these foreign deposits. This course is as simple and plain as day-light. But let us see what a sad failure the drug people have made in their methods of treatment. You may object, however, saying, “*medicine must have done something*, otherwise the profession could not claim so many able minds and intelligent adherents.” Yes, we used to argue in the same way; but our views were radically changed, when once the truth dawned upon us, as must be the case with every unprejudiced mind. The trouble is, the drug schools and their followers are *ignorant of the whole matter, as they mistake the acute symptoms for the real disease*. As we have seen, the *chronic, latent deposit*—the “predisposition” as the drug dispensers call it—*constitutes the real disease*. Whenever any portion of the foreign matter is thrown into fermentation, prior to its removal from the system, the process is accompanied by pain and fever (local fever is called inflammation.) This fever, though in fact a process of cure, is mistaken by the drug fraternity for the actual disease, and consequently all their efforts are concentrated upon the suppression of *pain*.

Chemistry has elaborated a number of substances, such as morphine, cocaine, laughing gas, etc., which, upon experiment, (the whole drug system is but one series of useless experiments), were found to relieve pain. But *how* this was accomplished, and *whether any injury might result from their use*, was never inquired into. The pain-killer, or anæsthetic, was used, the pain vanished, and healer and healed thought “now here is a cure.” But let us look a little deeper. *How* was the pain killed? Well, let us see first, how it was brought about. A grain of sand in the eye, for instance, being a foreign body, produces pain; so does a splinter in the finger. In both cases, pain is caused by the presence of a foreign substance in the afflicted portion where it does not belong. Thus, we see, pain is always the *danger signal*, warning us of disorder or derangement. Pain is really a *blessing and benefit*, urging us to make every effort to remove the foreign substance.

Now, how do pain-killers act? They simply *kill the nerves*, but do not remove the foreign matter. The foreign substance *remains and accumulates*; but the person is unconscious of it, as the nerves no longer announce its presence. The corrupt matter continues to increase, however, and the new deposits cause fresh pain, and so more pain—or rather

nerve-killing is resorted to, until paralysis, or something equivalent, is the result. Then, nothing avails. The *nervous system* has thus been *killed by inches*.

Another person suffers great pain. The medical man gives an injection of morphine. Often this has to be repeated daily, and the dose gradually increased. A confirmed morphine-fiend is thus made, while the *cause* of the pain is in nowise removed; and the art of drugging can do no more, not even release the patient from his slavery to the anaesthetics. But *drug physicians close their eyes, and ignore all this; they content themselves with the momentary relief*. If the patient becomes decrepit or dies, what concern is it of theirs? They deceive themselves and their patients as to the true results of this sort of treatment. It is by this method of giving relief from pain that the medical profession has gained its hold upon public opinion. (FIG. 83.)

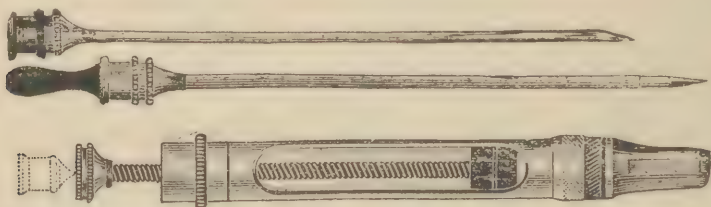


FIG. 83.—*The Morphine Syringe.* One of the modes by which the medical profession induce the morphine habit, for which they have no cure. Natural Cure has no need of morphine, but is able to rid a sufferer of this habit in a short time thoroughly by natural and simple means. Morphine does not cure any trouble; it only stifles pain by killing the nerves; but as each nerve has its special office to fill, this killing leads to deafness, blindness, cancer, paralysis, etc. All of these evils are the results of medical mismanagement.

Often, when a patient is told to take four morphine pills, he will take considerably more. Besides, all opiates produce costiveness, and to counteract this effect, another drug must be taken. Thus we see that to use morphine is at least of doubtful benefit, and is always followed by harmful results.

● How does *Water Cure* regard pain? We say, far rather endure a little pain than injure the nervous system. Every nerve fibre has its duty to perform; and we have none too many. If people would only try the *Water Cure Treatment*, as soon as *pain is felt*, probably a few hours would suffice to remove the trouble. But usually, they try drugs first, and resort to *Water Cure* only after months or years of suffering have convinced them that these poisons are availing them nothing, and are only ruining their constitutions. Then, however, pain cannot be blown

away in an instant; and for this, the patient must not blame the Water Treatment, but his own mistake in not applying in the first instance to a rational method of cure. Even in advanced stages, however, cold compresses, cold immersions, etc., control the pain to a great extent.

As pain is also caused by the multiplication of microbes, co-existing with the over-heated condition of the parts encumbered, it is relieved by cold water which not only gradually removes the deposits, but, by lowering the temperature, keeps the microbes under control. A person free from encumbrances experiences no pain, unless the pain results from external injury. Cleanse the body, and the pain will disappear, and that, too, without the killing of any nerves; so that there need be no fear of paralysis, or cancer, or blindness, etc., following as a consequence of lowered vitality, which must sooner or later arise from the use of anæsthetics.

If a person receives a severe bruise or burn, submerge the injured part in cold water, the pain will vanish promptly, and the cooling process may be continued, until a perfect cure is effected.

A Mr. R. suffered for seven years with excruciating pain in his head. Within the last year alone he was treated by Dr. Erinson, and afterwards by Dr. Spitzka, who sent him to Dr. Gleitzman, under whose care he remained for three months. Then Dr. Jacobi was applied to, and he agreed with Dr. Gleitzman that an operation on the brain was inevitable. To this, however, the patient was loath to submit, and for three months longer he tried Prof. Thompson's prescriptions, but with no better success. Coming to the hydro-therapeutist at last, he was *relieved of all his suffering in two weeks*, and that, too, *by the use of simple clear water*, as it was drawn from the faucet, and applied with a little dose of wholesome, common sense.

Not only are numberless patients killed by inches in using these "pain-killers," but *many a life is ended at last by a "sleeping potion."* This is the final, and crowning resort of the pain-killers. All who have had experience with sickness, and the practices of the drug profession, know this to be a fact. No law authorizes this intentional abridgment of human life, and, therefore, it is *murder*, just as really as any other intentional and premeditated taking of life, and should be punished as similar crimes are. If the giving of poisons to kill people's nerves were entirely prohibited by law, our drug poisoners deprived of their last subterfuge in dispatching their patients, would stand out in their true colors; as their impotence and ignorance would be glaringly obvious to all. They would thereby be deprived of the means of effacing the frightful results of their misdoings, and would have to find some rational means of removing the

cause of pain, when they could no longer suppress it in their barbarous fashion. *Pain can be altogether avoided*, by perfectly healthful, natural means. If murder is not to be licensed, then those who assume the authority of cutting short their patient's lives when they think *their* curative resources have come to an end, should be prosecuted to the full extent of the law. Till this is done, drug practitioners will have no incentive to *prevent* pain and sickness. Only stringent laws against the use of any drugs for curative purposes will bring them to their senses, and



FIG. 84. *A Monkey and Bear Story.* The bear in his attempt to kill the fly, kills the monkey also. Thus our medical people, in trying to subdue pain by their anæsthetics, etc., kill the nerves and the patients too. Apart from accidents, there should be no pain, and man should die as painlessly and unconsciously as he entered the world, as still is the case with very old people. If people die young, in pain and agony, it is owing to the ignorance of the drug people; in many instances they administer some poisons that cut short not only the death struggle but at the same time efface the manifest token of their ignorance.

force them to look into the virtues of methods, they now term 'humbug.'

The introduction and use of anæsthetics, upon which the drug advocates pride themselves so much, has been the greatest drawback to the progress of the true art of healing, for no sickness can be cured by any sort of drugs. But some one will say, "You cannot make me believe that! Don't I know Mr. so-and-so, who suffered with rheumatism for two weeks? He

went to his doctor, got a prescription, and was cured in no time. And then, there is Mrs. Y.; she ruined her stomach and suffered dreadfully. A few drops of laudanum in a spoonful of water, afforded her almost instant relief." Yes, that is just it, the pain is killed, and the aching nerves with it. A fly was once sitting on a monkey's nose. The monkey called upon a bear to chase the fly away. The bear seized a large stone and killed the insect with one blow—and the monkey too. (FIG. 84.) That is the only way that pain can be relieved by such drugs as narcotics, sedatives, anæsthetics, anodynes, etc.* *But perfect health and full vitality are dependent on the integrity of the nervous system.* We need not wonder then, that so many men of forty or fifty drag themselves along with the greatest difficulty.

In the case of Mrs. Y. cited above, the laudanum only suppressed the pain: it did not remove the *cause* of it, which was the improper quality or quantity of food taken. To remove the cause of pain, is the function of the depurating organs, and they would have done this far more quickly, if the laudanum had not been taken. A cold sitz-bath, or a wet abdominal compress, in conjunction with a cool enema of plain water, would have accomplished both, the removal of the surplus food, and the cessation of pain, without any injury to the nerves of the abdomen. If a patient recovers from any attack, he will claim that the anodyne helped him. No, this could never be. It is the natural vigor of a person that rallies *in spite of* the poison. The results of dead nerves are horrible to contemplate,—among the most serious being blindness and deafness. And what has caused this partial "death" and its attending and inevitable result? The "pain-killing remedies." And yet, notwithstanding these fatal results, the belief in the efficacy of drugs is one of the most deeply rooted of the many errors in which mankind is still blindly groping.

There are, according to the drug profession so many kinds of disease, all arising from diverse causes, and to be treated, each in some special manner, that it is hard to even begin to enumerate them.

Let us, however, take first the prevalent *Dyspepsia*. Now, it must be understood that *medicine distinguishes a great many different kinds of dys-*

* In Dunglison's *Medical Dictionary*, we find that *narcotics*, such as opium, belladonna, hyoscyamus, etc., have the power to stupefy. *Sedatives*, such as prussic and sulphuric acids, are medicines which *directly suppress the vital force*. If any quantity of such *anæsthetics* as ether, chloroform, etc., be inhaled, *respiration ceases, and death ensues*. *Anodynes*, such as: belladonna, *blunt the sensibility of the brain, so that it does not appreciate the morbid sensation*."—And these are a few of the means by which the drug people in their incomprehensible and indescribable stupidity endeavor to make sick people well,—

pepsia such as gouty, atonic, renal, acid, nervous, and others. It possesses a large nomenclature of diseases, and most of them are subdivided again indefinitely. Such display looks very scientific, but it counts for nothing. We hear very little of such cases being effectively cured by them. We meet numbers of people who say they have suffered from dyspepsia all their lives. And they keep on taking the drugs that have been given them for years, though they are really growing worse. As a last resource, the stomach-pump is resorted to. All it can do is, to empty the stomach, but how it is to effect a *cure*, is more than we can comprehend.

We cannot wonder at all this failure, when we consider the treatment prescribed in standard medical works, for instance in "The Practice of Medicine," by F. Taylor, M.D., F.R.C.P., we read: "Repeated *experiment* alone (?) will show, what foods the patient can tolerate." And so we see, it is not the physician's intelligence, nor the study of nature, nor any fixed principle whatever, that determines the food prescribed, but *blind experiment on a diseased stomach*. In reality, this is, of course, no guide at all. It may be a guide to more desperate forms of disease, but certainly not to health.

For instance, the healthy stomach of a vigorous person rejects tobacco juice, but weakened digestive organs are powerless to remonstrate and must endure it. According to the drug physicians' theory this would prove that tobacco juice was good for a weak stomach, but the fallacy of such reasoning is apparent at once.

The other day a patient came to us complaining of discomfort in the abdomen; and to our question, "What have you eaten?" she replied: "Lobster salad." Being told this was indigestible and not on our dietary list, she said, "But it never gave me any trouble until I commenced treatment with the Water Cure." Her inference was that her stomach had grown weaker. As a matter of fact, her digestive organs were regaining their natural strength and rebelled against this forced and unnatural food.

Of course, only the most advanced and hopeless cases come under our observation, as people turn everywhere for relief, before coming in their despair to Nature and the Water Cure. But let us cite a few cases.

Mr. R. B. applied to us complaining of indigestion, and pain in the abdomen and kidneys. He had much difficulty in voiding urine, was extremely nervous, and looked weak and haggard. His bowels were irregular in action; his hands were clammy, and his pulse feeble and irregular. He suffered from catarrh in the head, headache, sleeplessness, and poor appetite, while perspiration of the feet was constantly present. His stomach was hard and high, and he had lost between twenty

and thirty pounds within a few months. We told Dr. W., who had been called in consultation, that he would *not even be able to diagnose the case*, and subsequent events proved that our prediction was correct. But *four months of Water Cure treatment completely restored the patient to health*; and when he left, he was gaining rapidly in weight. After some time, however, he received a serious injury. So strongly rooted in him was the old superstition about the skill of the drug profession, that again he first applied to a drug doctor for assistance. Of course, the treatment was a failure, and he was obliged to resort to Water Cure a second time, and again the improvement was as prompt as at first. A short time afterward we received word that our old patient was in *Bellevue Hospital in New York*, suffering with a *tubercular enlargement* of the knee; the doctors (?) had pronounced *his case hopeless, and maintained that his knee must remain stiff and crooked all his life*;—and he was only twenty-seven years of age. Thus, for the *third* time he had applied without success to the school of allopathy, and for the *third* time had to turn in despair to Water Cure. This time, after his case had already been declared “incurable,” he was wholly restored by Water, and able to walk miles without the slightest pain, not even needing a cane for assistance. And this remarkable result was achieved by plain Water in less than two weeks. After his recovery he went to Bellevue Hospital to see the physicians who had diagnosed his case, to show them what Water Cure had done for him.

He saw one of his former physicians, who promised to send in the others to examine his leg; but when they learned that it was Plain Water which had achieved the cure, they did not come down. Now, as *their* method had failed to cure, were they not under moral obligation towards their future patients to enlighten themselves on a mode of treatment that had proved effective?

Mr. O'B. came to us at the age of forty. For ten years he had suffered with dyspepsia, costiveness, coated tongue, flatulence, high hard abdomen, and sleeplessness.

In two months, Water Cure had completely restored him to health.

Mrs. S. B. had suffered from dyspepsia for twelve years. She was forty-eight years of age when she applied to us, and was mother of eleven children. Her lower limbs were weak, and she had no knee-jerk. She was suffering with liver complaint, and had been constipated from youth. She slept poorly; her tongue was heavily coated, pulse irregular, and she complained of pain in the kidneys. Menstruation had been obstructed for eight months. About *four weeks* of Water treatment *completely* cured her.

We could multiply these examples indefinitely but these few are sufficient to demonstrate how Water Cure in this particular disease succeeds where years of medical care avail nothing.

We have never failed in a case of dyspepsia ; for this form of disease, like all others, has its origin in departure from Nature's rules, introducing foreign elements—food and drugs—into the system, and can be cured only by a return and strict adherence to them.

Since dyspepsia as well as all other forms of disease arise from foreign deposits throughout the system, largely owing to improper diet, common sense would suggest that cure for dyspepsia should commence with correcting the patient's regime. How does the drug fraternity proceed?

By turning to Nature and finding out what the unperverted tongue, palate and other organs naturally seek? Not at all—but by accepting what the *perverted* taste of the dyspeptic craves, and using *this* as a standard.—

After the use of meat, spices, tobacco, alcohol, etc., for years, the system, which—mark you—at first rebelled against them, at last succumbs, and finally craves the poisons. No sooner, however, does a patient return to a normal diet, and cleanse his system from impurities by Natural Methods, such as massage, light and air baths, physical exercise, water treatment, etc., than not only is all unnatural craving lost, but the system rejects any injurious substance. Hence, we see the folly of making the perverted sensibility of a dyspeptic's ruined stomach the guide to health.

We think the various foods permitted, prescribed and demanded by the drug profession for their patients, will be most clearly impressed on our minds, if we continue our study of disease and the treatment by the medical people.

Anæmia or poverty of blood, and chlorosis, are common forms of disease among the young. (FIG. 85.) We quote the following from a standard medical authority: "This term 'anæmia' denotes the condition of a part or of the whole organism, when the blood is either deficient in quantity or below the normal standard in quality. We may consider the origin of anæmia under two heads: 1st: Deficient nutrient supply. 2d: Undue blood waste. Actual loss of blood from external or internal hemorrhage is the most striking and usual cause; long continued suppuration and chronic albuminuria are also fruitful causes of anæmia; as are also, chronic diarrhœa, continued fevers, malignant disease, tubercle or blood poisons and mineral poisons such as lead and mercury" (which can only enter the human organism under the fatal Drug System). "Food should be peptonized," (say the drug doctors),

"and, if the stomach be intolerant of this, nutrient enemata may be resorted to. Iron and arsenic are the chief remedies. Transfusion of milk or lambs blood," (their injection into the blood vessels,) "has been shown to have injurious effects and has consequently been abandoned."

Now by way of practical illustration of the difference between the efficiency of the drug cure (?) and our own let us cite the following case from our note book: POVERTY OF BLOOD. A girl of 13 years of age,

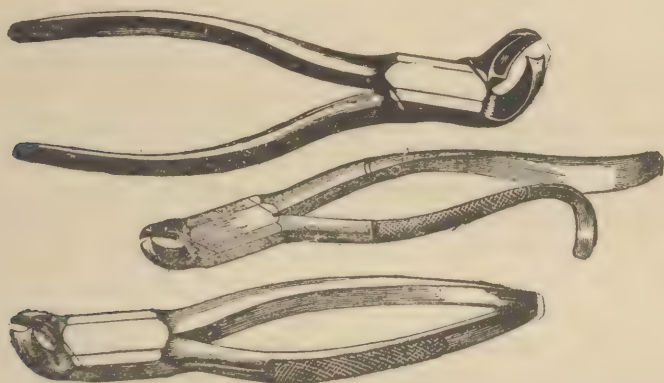


FIG. 85. *Forceps for Pulling Teeth.* Teeth are absolutely necessary for a normal digestion; they should not be drawn. Naturists inform people how to live so as to keep their teeth in their heads. Eat the proper diet, natural to man, in its natural condition, and the teeth will remain perfectly sound so long as life continues. Artificial teeth are expensive and usually very unsatisfactory; besides the process of changing the natural for artificial teeth often involves years of intense suffering.

who had been sickly from birth, was always under medical treatment; parents had tried several drug doctors; they all agreed the child would die of consumption before reaching puberty, and they prescribed, what they considered the best food, such as chickens, pigeons, steaks, wine, etc. During summer, the child was also sent to the country for 4 months without gaining an ounce. The ponds in Central Park were frozen over, when she commenced Water treatment. Our directions were: *No chickens, no pigeons, no steaks, no wine; but purely vegetable diet, and skating from morning till night.* The mother was horrified and exclaimed: "What! my child shall have no chickens and no wine! Those are the only things that kept her up in strength!" We replied: "Madame, meat and wine have kept your child *down, not up.* By the directions of the medical

doctors you have tried your experiment for *13 years* ; now, all we ask is, try ours for *3 weeks* ; *then see the difference*. The result was, that the girl gained several pounds in a few months ; became rosy-cheeked, and is no longer believed to be consumptive. Whatever diet, whatever regime has been prescribed for a patient by the drug physicians, we immediately prohibit, and reverse it exactly, when the patient comes under our care ; this fact shows our opinion of the drug doctors' knowledge and skill. As our results are invariably satisfactory, it proves that the results of the opposite theory must be harmful.

The pepsine in the gastric fluid transforms proteids into peptones. Now, if we take pepsine or peptones in *predigested foods*, as is so much recommended to-day by the drug schools, the stomach is not called upon to secrete this substance, and so remains in the blood, although ready to be secreted, vitiating the blood by its accumulation. Hence this forestalling of digestion, weakens it still more, instead of improving it. We dispense entirely with predigested food preparations, iron, arsenic and all other poisons. If a person, desirous of making his arms powerful, tries to attain this end by tying them so that he cannot exercise, and imagines that he thus economizes their power and makes them stronger by rest, we all know that he is mistaken and that this inaction will produce the opposite effect. Exercise strengthens the muscles, inaction weakens them ; so with the skin, stomach, eyes, teeth, and all other organs. They can only be kept well by judicious and regular exercise. The skin, by exposure to light and air, and by cold bathing, cool rooms and clothes of light weight and color ; the teeth, by eating solid food that requires their use ; the stomach, by such food as compels the stomach to exert itself. Hence, when medical people recommend "*predigested foods*" which will take the labor of digestion from the intestines, it is an evident misconception on their part, as such food can but weaken the digestive apparatus. Thus, you see, *the drug people never miss a chance to pervert nature, and hence their total failures in every direction*. By their predigested food they do not cure dyspepsia, but they show how they misinterpret nature, and act counter to her designs. The more unhealthy a person is, the more strictly should he adhere to our natural diet.

As the body builds itself up from solid, liquid and gaseous food, and as it receives several pounds of food every day it is essential that the character of the food should be correct. We, the advocates of natural methods, having no apothecary shops, to fall back upon, have only two means of restoring Health—proper food and regular evacuations. Hence we are compelled to make these two subjects our exclusive and

careful study. Is it not apparent to even our most prejudiced critics that we should have more knowledge of man's proper food, than the drugging man, with his thousand and one false methods based on ignorance of the underlying truths of man's nature?

The other day, a child of two years of age was brought to us, who had been quite robust until a little over a year old, when a drug doctor was called in for some trifling ailment. During the five months that he treated the child, he succeeded in securing about seventy dollars from the poor working people, but failed to cure the child, who, when we saw it was apparently starving. To our question: Did the doctor tell you how to feed the child? we were told that the doctor (!) advised them to give the child, what *they* (—) thought best. To our question: What did you think best? the answer was, "cow's milk, soda crackers and ginger snaps" Can any one be surprised at the miserable condition of the child? Indeed, we were at a loss, whether to wonder more at the perversity of the parents, or at the fatal ignorance of the drug healer (!), who contented himself with prescribing his own poisons.

Patients often come to us with a list of the different articles of diet permitted by the corypheæ of 'Medical Ignorance.' In accordance with our theory of direct opposition to the doctor's deadly methods, we tell the poor sufferers to avoid those articles on their peril; and to partake freely of what they have been forbidden. And in this way we are fortunate in curing people even after a useless and harmful drugging of twenty years or more. There are but few exceptions; in cases of diabetes or acute fevers, we prevent the use of sugar, fat and starchy food as much as is consistent with a natural, bloodless diet. As to the sufferers from diabetes, the first articles which the drug people order, and which we reject, are: meat, fish, gluten bread, and cheese. Looking upon the secretion of sugar as the result of an exhausted liver, by restricting the use of sugar, greasy and starchy food, we try to give the liver time to regain its normal tone. Knowing that the vegetable diet is the only natural one, we never deviate from its principles; for natural methods *only* can lead to restored health.

This has been proved by us so often that it hardly needs further mention; but an instance comes to mind just here which as an illustration of our cure may benefit others suffering in a similar way. A lady whose own son is a "regular," was for some time under his treatment for diabetes. But as she did not improve, he placed her under the care of one of the best *specialists*, who treated her for *eighteen months with electricity*, without the desired result. She then tried other special-

ists, and was in the hands of the medical school about three years, and had during this time steadily grown worse. After three weeks, however, of Water Cure and natural diet, she declared she felt like another being.

In all forms of disease, connected with a high degree of *fever*, such as consumption, measles, scarlet fever, etc., which are the consequences of a diet where hydrocarbons, fats and meats predominate, we starve the fever out by forbidding such articles. In all other cases, we do not prescribe any special diet other than our regular bloodless and hygienic diet. *What is natural, is best in all cases.* There can be nothing better or more wholesome than what is provided for us by nature. And the results of this rational regime are truly marvelous.

If a person has been an habitual consumer of tobacco all his life, and gives up this habit suddenly, he is likely to feel rather uncomfortable for a few days until his system is rid of the nicotine it has absorbed. But this unpleasant sensation is no sign of his health being lowered. His system having no longer to contend against new supplies of the poison, can now turn all its energy towards the removal of the old deposits. Thus, any return to nature, although it may produce temporary discomfort, can only be beneficial. For this reason, being firm believers in a natural diet, which has been outlined by us, we make its adoption incumbent on our patients. Although the change is usually made suddenly and by enfeebled systems, we have never seen any harm arising from it. On the contrary, we attribute our successes largely to these radical changes.

Kneipp considered diabetes in the advanced stage as incurable, and the reason for this is very clear. His advice was illogical; he prescribed medical herbs containing substances which are never found in any healthy body, and the introduction of which only derange the system. He also allowed meat and alcohol; and he himself was an habitual smoker. What the patient gains by his Water Cure treatment, is thus lost again on account of the medicated teas and the irrational diet and drugs.

STIMULANTS, LUNG, SKIN AND SEXUAL TROUBLES.

CHAPTER 20.



N cases of *consumption*, medical people look upon *cow's milk* as the elixir of life. Did they ever cure a patient, who habitually used it? If *one* was cured by milk diet, *all* could be. But tuberculosis, under the drug system, has lost not one of its fatal consequences. Now we, on the other hand, consider the use of the meat and milk of cows as one of the principal *causes* of consumption. Instead of prescribing, we entirely *prohibit* milk; and *our* consumptive patients *are* cured.* The principal aid which the author derived from the current books on the treatment of consumption, was not, *how* to treat it; but "*how not* to treat it." The methods in vogue are rather calculated to hasten the patient to an untimely grave; nay, worse than this, we hold that if a sound, robust person were to be subjected to the routine treatment for tuberculosis, *i. e.*, fed on raw and cooked meats, soups, beef tea, alcohol, tonics, and given inhalations, hypodermic injections, calomel for every one of the countless symptoms, creosote, cod liver oil and other such abominations, he would do well to make his last will in time.

Medical men prescribe meat dishes and soups, and with them salt and other condiments. Now we have already shown (p. 76 & p. 104) how harmful these articles are, and the forms of disease to which they give rise. So it is plain, that *the medical profession is to blame for most of the prevailing ill-health*. If meat diet is a deviation from man's true nature, and vegetable food the only rational rule, it *must* be the thing that will

* Positive Prevention and Cure of Tuberculosis by none but Natural Means. By A. F. Reinhold, Ph.D., M.D., 60 Lex. Ave., N. Y. City. Price \$4.80.

most quickly build up a sick, feeble body, and restore it to health. This is the reason why we make the adoption of the vegetarian diet absolutely obligatory upon our patients, and always with highly satisfactory results.

Very sick people are our test-cases: what is ruinous to them, is injurious to the vigorous, only with the latter, the harm done is less apparent; and, what is beneficial to the weak, will also be the best for the healthy. Indeed, a strictly bloodless and natural diet is vindicated by universal success. This is the more essential in the beginning of the treatment of desperate cases, where vitality has to be economized to the utmost by every conceivable means. In such cases, we also recommend Distilled Water for drinking purposes, although it is the best for every one. In order to continue in good health, or to restore it, the question of proper diet is paramount.

Of this subject, the drug people know as little as they know of anything else pertaining to well-being. As a rule, they do not make out their own bill-of-fare, but eat what is placed before them by their cooks. It is otherwise with people who, like us, have made *foods* a study.

At first of course some patients may be at a loss as to what to eat. After two or three weeks, however, not only have they ceased to want meat, but wonder, how they could ever have been brought to touch it. *Pears, peaches, plums and apples are our pills, and pure water is our only liniment.*

After the drug doctors have so entirely ruined a person's stomach that it refuses to retain any nourishment taken in the usual way, they introduce it through the anus. And again, apparently mistaking the mouth for the intestinal orifice, they give people emetics to make them vomit, and such monstrous absurdity they call "scientific" treatment; and the public, much impressed, looks on in wonder and admiration. Any one whose brain has not been utterly ruined by years spent in such perverse medical training, ought to see in an instant, that such methods are the product of diseased minds.

The author's belief is that nature is absolutely perfect. Our organs were developed during countless ages. If we want to cure, we must return to man's original diet, *i. e.*, to a bloodless regime, rejecting condiments and cookery.* As long as a person continues to take injurious substances, he can never be perfectly or lastingly cured.

* We do not expect to reform people's dietary in a day or two. They have been living perversely for thousands of years; at best, it will require many generations to lead man back to nature, health, and happiness; but every one can assist to a small extent if he knows the goal.

Some patients seem to regard the restriction of their diet, as a personal grievance, but we cannot help this, and must not be blamed, for we only interpret Nature, as we find her. We did not make her eternal laws, and cannot alter them, neither for ourselves nor our patients. There is but one way left, and that is, implicit compliance. So, do not blame the hygienist. Either lay the blame upon Nature, or God, or,—where it really belongs, upon your own perverse and fastidious habits. All *we* can do, is to give our ideal directions, and then leave the result to the intellect and resolution of the reader. A drug prescriber may humor his patient, and allow him to partake of any sort of food or drink, but that does not mean that these articles will do him no harm. Over Nature's laws the drug doctor has as little power as any one else. He cannot change God's immutable ordinances, and all the advice he gives in contradiction to Nature, means just so much injury to health.

Wild animals take their food and drink according to the temperature of the external atmosphere. They never suffer from cold or dyspepsia. Our patients also take their food so, and find great benefit in it. *Cold application strengthens both the external and the internal skin.*

Drug poisoners frequently recommend the drinking of hot water. Now, where did they get their authority for this? Certainly not from Nature. There is very little rationale in their methods. One physician experimented with hot water, and finding that it gave temporary relief, put it down that this relief was lasting. But only the *harm* from it is lasting. All the rest followed in his train like sheep, and continue to advise it. Drinking hot water *does* afford temporary relief, but the principle involved is easily explained, and it is impossible not to see the lastingly injurious effects that are certain to follow. As bathing in hot water weakens our external skin, drinking hot water weakens our intestines and digestive organs.

Priessnitz recommended *much water drinking*, while Schroth advised the opposite course, and put his patients on *dry diet*. Both systems demand extra and therefore unnatural exertion of certain organs; with Priessnitz, the kidneys are overtaxed; and with Schroth, the liver. Now we go to neither extreme, but follow nature alone. The proper way to drink in order not to wash the digestive juices from the stomach, is to take the water slowly, in sips, and moderately, either a half hour before, or two hours after eating. Some people ruin their digestion by deluging their stomach with water. In dropsy, Bright's disease, and other affections of the kidneys, as well as diabetes, we prohibit fluids as much as possible, so as to allow the kidneys time to recuperate. In cases of constipation, more liquid than usual should be taken.

In reference to *Alcohol*, Kneipp says: "I think it bad to take beer frequently, and certainly it does not afford sufficient nourishment for a consumptive." Again he says: "Good genuine beer has little nutritive value. Brewers endeavor to obtain a cheap substitute for hops and malt, caring little, whether this be harmful or not. Meadow saffron is often used although it is such a powerful poison, that three seed grains of it are sufficient to kill a horse." These views we heartily endorse; but when Kneipp goes on to state: "If a person accustomed to drink, suddenly ceases to take any alcoholic stimulant, he cannot bear it," we thoroughly disagree with him. If a person has been an habitual user of tobacco, and suddenly stops, he certainly will feel upset for a day or so; but this reactionary stage cannot be otherwise than beneficial. Alcohol is a poison; every drop of it doing its share of damage. How then can it harm a man, to stop taking poison?

When one has been living wrongly, and deposits have been forming in his body for twenty years or more, it should not surprise him if the first trial of Water Cure treatment stirs up a good deal of this foul matter; and while the system is at work removing this portion, the patient will feel more or less upset. He thus may imagine that the treatment is doing him injury. But that would be absolutely impossible. How could it? *One must distinguish between the patient's momentary distress, and the lasting advantage gained.*

Kneipp frequently falls into the same errors that the drug physicians make, because he does not follow out certain effects to their primary causes. He is too often guided by the feelings of the patient. We have had numberless patients who stopped the use of both tobacco and alcohol at once, and felt not the slightest bad effects.

Many physicians recommend wine, beer, and other alcoholic beverages as stimulants, thinking thus to increase strength. Our experience, however, proves conclusively that *every drop of alcohol performs a destructive work by coagulating the albumen of the blood and tissue; and "coagulation" always means death.* The apparent, but temporary increase of strength by any stimulant, simply indicates that the vitality is putting forth extra efforts to remove the particles rendered effete by this poison. The exhaustion and prostration following, are the necessary consequences of this over-exertion. It is strange that such wisecracks as the drug doctors profess to be, should have noticed the apparent stimulation, and failed to see any of the after-effects. For centuries people drank only wine and beer, which contain but a small percentage of alcohol. *It was the drug profession which first introduced the use of the more concen-*

trated and injurious liquors in their fatal practice, and thus led to the habitual use of these strong drinks. And it is still the drug physicians who persuade people that alcoholic stimulants are beneficial. *We consider stimulants, narcotics, and pain-killers, as the greatest curses ever brought upon mankind.* We owe the present enormous use of strong drinks principally to the drug schools; the same is true of other pernicious habits, such as the use of morphine, ether, etc. *Medical empirics can make drunkards and opium fiends, but they cannot cure them.* The "gold cure" is not a cure in any true sense. It is ruinous like all the rest of their makeshifts.

Under natural modes of treatment, all unnatural habits and desires, including onanism, and all excesses in venery, are easily corrected. The desire for tobacco, alcohol, morphia, etc., and for all other excesses, is a morbid one, and arises from encumbrance in the system. Such abnormal conditions are managed by us in the same way that we treat every other form of disease, by cleansing the patient's system from all impurities. This once thoroughly accomplished, the patient is cured of these as well as of all other unnatural propensities, and is once more free, and restored to his youthful vigor and health. These results are obtained by simple and natural methods, without killing the liver by gold chloride. Once a patient about thirty years of age came to us to be treated for delirium tremens. For two days, watch had to be kept over him day and night, but after a week's vigorous treatment, he was thoroughly and lastingly restored. We have since heard of him occasionally, and there has been no relapse into his former habits, though his occupation renders him particularly open to temptation.

Before closing this subject of the wicked use of alcohol and all stimulants by the drug profession, we should like to quote from Dr. Taylor as follows: "Alcohol is generally undesirable; but some cases (!) may (?) benefit by a glass of dry sherry or claret, or perhaps (still doubtful, you see) a little whiskey and water with the heaviest malt." Now as all human bodies consist of the same material, and have the same organs, which operate in the same way, is it possible that Alcohol can benefit some, and not all? And notice the indecision, the doubt,—it is a fair illustration of the drug people's usual method of treatment. *Their total ignorance of the nature of disease renders them undecided and untrustworthy.* A healer, who is sure of his method, has no "mays" in his treatment; no vague hints or doubtful experiments, that may lead either to life, or death. The true healer knows what is needed, and goes *straight* for the goal, which is invariably—*restoration.* *Alcohol!* How does Dr.

Taylor suppose that this can be of any benefit whatever? As our experiments have already demonstrated, alcohol coagulates the albumen in the body, and *every drop means death to the tissue. Every swallow, whether diluted or not, does its deadly work.* Whence can any benefit come? We can see nothing but destruction. This same learned Dr. Taylor then enumerates various drugs, such as carbonates, bismuth, acids, bitter tonics (tonics indeed!) stimulants, nux vomica, or strychnia, quinine, opium, or morphia, belladonna, and all the rest of the deadly articles, which make such havoc with people's health, but on account of which the drug profession takes such credit to itself. It is not to be wondered at that so many cases commencing with a little indiscretion in diet, terminate, under the drug physician's kindly care, so fatally, and that there are so many premature deaths having their origin in an ailment which under Water Treatment, would have disappeared in a few days.

The use of the lungs is very slightly considered by the drug profession. But this organ becomes the seat of Disease in two ways. Either the other depurating organs, liver, kidneys, and skin, are closed and so the foul matter is driven toward the lungs, or the lungs are the *original* place of deposits, on account of the breathing of impure air. Medical treatment is, of course, as powerless here as in every other ailment, but in this case its defects are still yet more glaring. With children under the drug system, *whooping-cough* often runs for many months; and *dyphtheria* causes the death rate to swell to appalling numbers. Under natural treatment both forms of disease are easily cured. Cases of *Asthma* which under medical treatment have been steadily growing worse for fifteen or twenty years, have been radically cured by water treatment in from one to three months.

*We consider consumption to be as easily curable as any other ailment.** Lung tuberculosis is invariably connected with the presence of microscopic organisms, called bacilli. If these can be eliminated from the system, consumption is cured. But the question is, how to destroy them, without injuring the patient at the same time. We say, this can be done in two ways. *The bacilli can either be starved out,* or, as they preferably exist in an abnormally high temperature, they can—so to speak—be '*frozen out.*' Under '*How Health is lost*'—(p. 113). We saw that people ate too much '*fuel food,*' that this surplus led to the presence of deposits, and this being just the sort of food that microbes need for sustenance, all

* See : Positive prevention and cure of Tuberculosis by none but natural means. By A. F. Reinhold, Ph.D., M. D., 60 Lex. Ave., N. Y. City. Price \$4.80.

sorts of fevers and inflammations were the result; until finally consumption closed the list. Now, in order to prevent the multiplication of microbes, the patient must live mainly on albumens, and as far as possible, restrict the supply of carbonaceous substances. *As soon as the microbes have thoroughly exhausted the supply of already existing deposits, there being nothing left for them to feed upon they will disappear.* Then, further, the bacilli mainly prosper in a temperature that is beyond the blood heat of a normal person. You all know, however, that nothing is easier than to

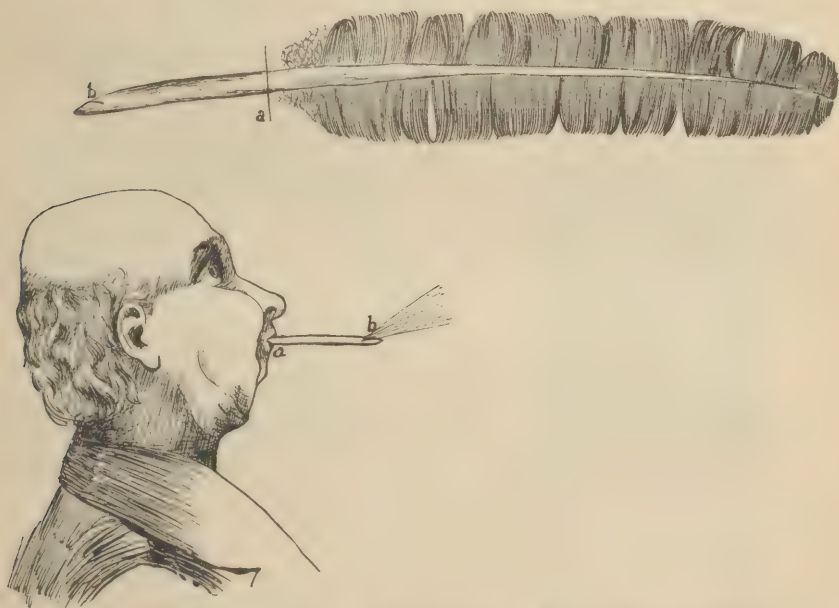


FIG. 86. *How to increase one's lung capacity.* Most useful to consumptives. Cut off the stem at *a*, make a cut at *b*, and practice blowing into *a*. The greater the force, the more the lungs will expand. Breathing is accomplished by two sets of muscles. One set controls inhalation, the other set governs expiration. By alternately blowing into the quill and inhaling by way of it, both sets of muscles are developed.

lower a patient's temperature to any extent by the simple means of cold water applications. The use of these two measures will prevent or insure the cure of any case of the much dreaded tuberculosis.

Some one may say 'but what do you do, when a portion of the lungs is already gone?' Well, we furnish him with more breathing apparatus in, this way. At the moment when a child is born, its lungs are still collapsed, and would sink in water. With the first breath, however

expansion takes place ; but under ordinary circumstances, a portion of the lungs remains collapsed throughout life. Now, it is this unused residue, that we fall back upon. By means of certain *methods of forced breathing*, we expand this portion, and make it take the place of the part already gone. In this way, the patient will probably find, that he has in the end as much lung capacity at his command, as before he was attacked by the malady. (FIG. 86.)

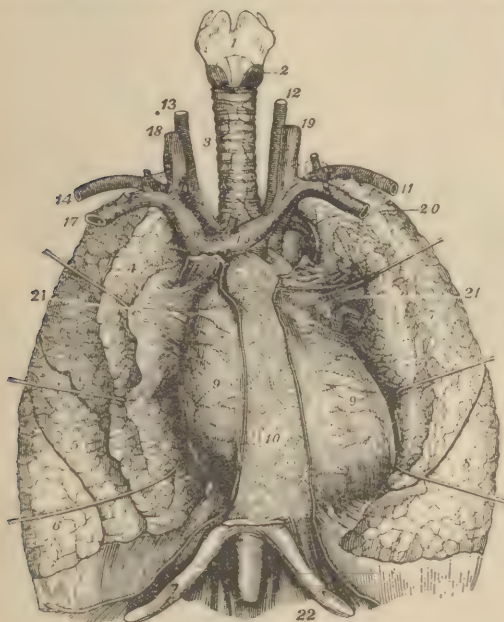
Of course Water Cure, like nature herself, has its limits. It cannot bring people back to life. It cannot undo in one month, the ravages made by a life-time of perverse living. But our invariable success warrants us in making the assertion, that *no* disease is incapable of cure by natural means, if this is taken in time.

In the treatment of consumption, medical men have tried every imaginable method, except the only simple and natural one. They consider the bacilli their arch-enemies, but their method of attacking them is so ridiculous, that it would seem that any school-boy should know better. The drugs they give, are taken first into the stomach, and from thence go into the blood, through the heart, and then finally to the lungs. As drugs are poisons, *the entire system must thus first be poisoned, before the seat of the trouble is reached.* This one fact is enough to explain, why consumption is not curable under the drug treatment, and why the patients die in advance of the bacilli. (FIG. 87.)

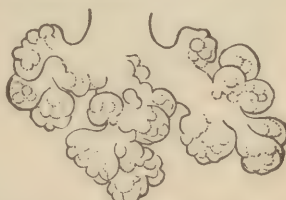
Recognizing the fact that this method of reaching the lungs, was rather circuitous and destructive of life, the drug profession devised a more direct route for their poisons. Medicated inhalations were tried, and Koch's tuberculine was injected into the blood, but still this dreaded form of disease is beyond their control. And it must of necessity remain so as long as such methods are resorted to. Inhalations only irritate the lungs, and draw more impure blood to them ; and hypodermic injections of any kind are useless and ridiculous, as their repeated failures attest. The drug people have tried every imaginable means to cure consumption, except the effectual one of a return to nature ; they have never studied man's original mode of living, which is his only natural one, the only healthy one, and the only one that will restore lost health ; hence their signal failure to cure chronic ailments.

Harris and Beale, two prominent physicians in London, and each at the head of several hospitals for lung troubles, jointly issued a volume in 1895 on the treatment of consumption. It was well they styled their book *treatment* of consumption, and not 'cure' of consumption, as under their directions their patients soon expire and yet their method embodies

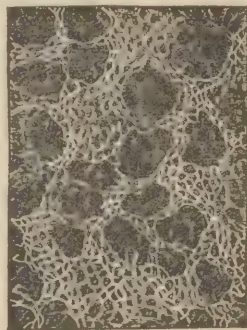
all the latest ideas of the prevailing drug schools. But as to the origin of the difficulty, the causes that lead to this awful scourge, they do not say *one* word ; all they do is to poison, poison, poison. They are so engrossed with this idea that they have no room for any other thought. Calomel,



Anterior view of the lungs. From Bourgerly.



Terminal vesicles of the human lung, attached to a bronchial tube. After Wagner.



Arrangement of the capillary vessels in the air cells of the lungs.—From Dr Carpenter.

FIG. 87.—The breathing process is performed by the lungs ; the carbonic acid of the blood being thereby replaced by oxygen. This exchange cannot proceed in a perfect manner, if we breathe the air of confined rooms. The air enters by the larynx (1), and descends the wind pipe (trachea), 3, where the latter splits up into several tubes, bronchi ; these subdivide more and more, till they finally terminate in microscopic air cells. The total number of the cells is estimated at 600 millions. Diseases of the lungs, such as asthma and tuberculosis can only arise, when the entire body is encumbered, and the corrupt matter selects the lungs chiefly for their place of deposits, or as an artificial organ of elimination. A healthy person does not expectorate. With him, all effete matter is removed by way of the skin, the bowels or kidneys. Lung troubles are cured by adopting a natural mode of living, and by drawing the impurities away from the lungs towards the natural organs of elimination ; this is easily effected by sitz—baths and packs. But medicated inhalations and all the other methods of the drug schools, irritate the lungs still more, and draw all the foul matter towards them. Water treatment cures asthma and tuberculosis simply and promptly. Under medical treatment asthmatics are never cured and consumptives invariably die pretty soon.

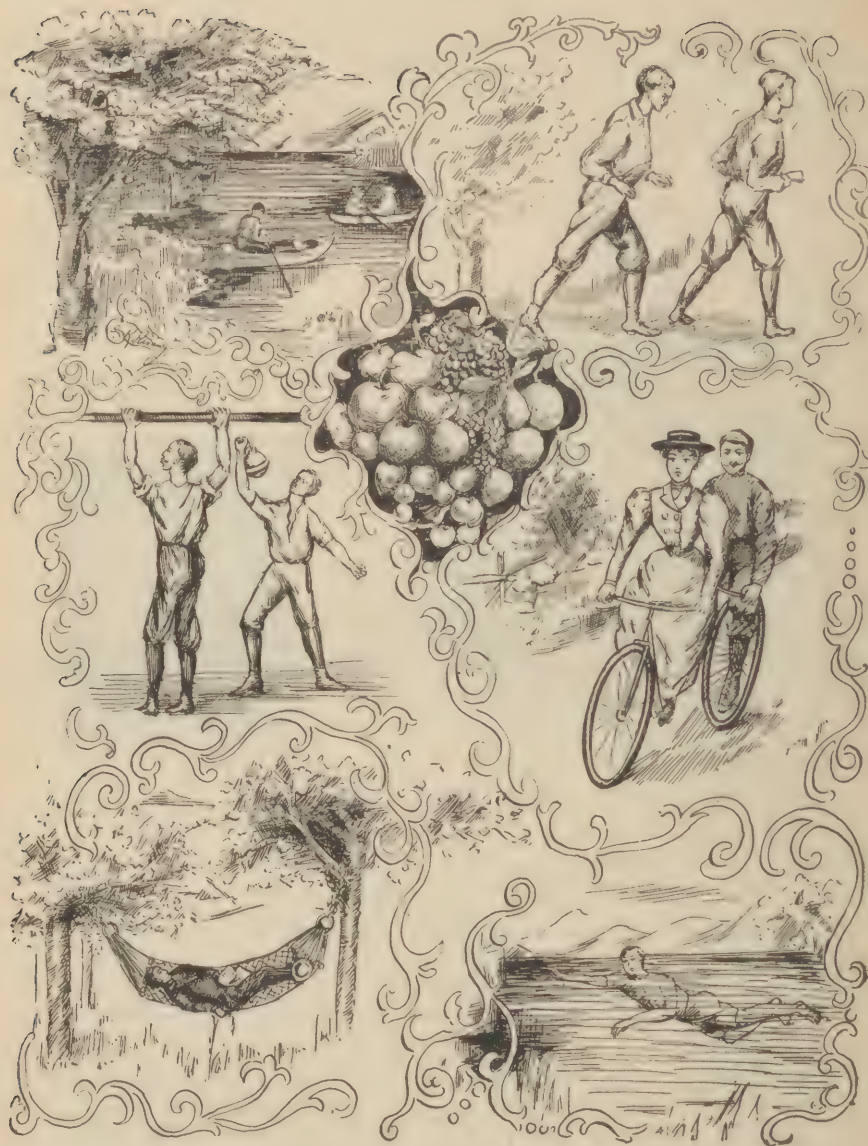


FIG. 88. *How we Cure Tuberculosis. Cure Warranted.* Consumption commences with a little cough. When consumptives first present themselves for treatment to the drug doctor they only complain of a cough. Why do the drugging people not cure this cough? Why do they allow it to run on to the second, third and finally the incurable stage? Because they are totally ignorant of its cause and every direc-

i. e., mercury or quicksilver, is their sheet anchre; they prescribe it for both costiveness and diarrhœa, as well as for every other symptom that may turn up. And it is to the mercy of such hare-brained people that the public is delivered by our absurd medical laws. Poor humanity, how we pity thee! Consumption has been cured; post mortem examinations prove it. It is cured spontaneously by Nature; and it is cured by us, by following the footsteps of Nature. But under the drug system in vogue, not *one* patient escapes. If the public had decided to exterminate all consumptives, this could not have been done more effectually than it is doing by putting the drug schools in authority, by bestowing upon them the monopoly of poisoning the people. (FIGS. 88 and 89.)

We will give here a few cases of lung troubles out of the scores that have come under our notice.

A Mr. S., a man of about 26 years of age, applied to us to be treated for tuberculosis. He suffered from a distressing cough, which prevented his sleeping during the latter part of the night. His pulse was 108 and his extremities cold. He had had diarrhœa for four months, his tongue was coated, and the slightest exertion occasioned profuse perspiration. His expectorations were yellow, and would sink in water. He had been unable to work for nine months; and though he had consulted a number of physicians and lung-specialists, and had been dosed with creosote pills, he grew worse instead of better. Under Water Cure treatment, however, he soon began to rally, and gained rapidly in health.

Mrs. Mary L., 43 years of age and the mother of five children, had suffered for 18 years with *bronchitis*, and for six years with *asthma* as well. There was arcus senilis. The legs were cold, heavy, and the knee reflex was lost. She had been treated by many physicians and in several dispensaries and hospitals, including Bellevue Hospital. She even went to Europe, in the hope of finding health. All was of no avail. Under our Water Cure methods, however, she improved visibly with each treatment.

Mrs. F. suffered for over a year with *bronchitis* accompanied by costiveness. There was arcus seniles, etc. Her tongue was coated; her

Continued from Fig. 88.

tion of theirs tends to accelerate the fatal end. Countless post mortem examinations have proved that Nature unaided has cured genuine cases of tuberculosis. It has been the endeavor of the author to study the conditions of these spontaneous cures of nature, and he claims that by his simple, natural methods consumption is as easily cured as a little cold. He has endeavored to make this assertion good by his volume on Tuberculosis. The hectic fever, absolutely uncontrolled by any means at the command of the drug people, we remove within a few days or weeks at the utmost, and we challenge any one to test our method.



FIG. 89. The routine treatment of consumption.—Death is the inevitable result. *a*, mud bath; the drug vendors expect it to purify the system.—*b*, cod liver oil, sure to spoil the liver and digestion; and then emaciation will follow. *c*, inhalation, excellent to draw all the foul matter to the lungs, instead of to the bowels. It never cured a patient. *d*, drinking blood warm from animals; the patient closes

pulse 120, monthlies irregular, and she had suffered with leucorrhœa for several years. The specific gravity of her urine was 1009. After years of unhappy experiences with the "regulars" and their deadly drugs, with, of course, the inevitable failure, *one month* of natural treatment cured her entirely.

Mr T. had been under medical treatment for asthma and bronchitis for *nineteen years*. He was very stout, and had night sweats and palsy. Before he came to us, he had been unable to go to business for four months. Water Cure enabled him to return to his occupation within *eight days*. After *two weeks* treatment, Mr. T. felt 'tip-top' (his own words), and within *a month* he reduced his weight by sixteen pounds.

A patient of ours, whose foot would undoubtedly have been amputated but for our timely intervention, recommended our cure to a consumptive lady. The patient was 26 years old and mother of three children. Pulse, 92; bowels, rather costive; tongue, somewhat coated; muscles still well developed. Had coughed for eight months, principally during the night and in the morning; expectoration somewhat greenish. All these symptoms demonstrate that the case was a slight one, and only in the beginning. The patient was put on our natural, bloodless diet. Her relatives, sharing the universal superstition as to the strength derived from meat, objected and called in a celebrated "regular." He put her at once on the "regular" strength-giving (?) meat, milk, and whiskey diet (though it never saved a patient yet), and thereby managed to rush her to the grave within a few months.

When physicians are no longer able to give even temporary relief, they lay the blame on the climate, and send their patients to the sea shore, or the mountains, or the North or the South. But we naturists cure just as well here in the City of New York as anywhere else; we do not need and do not care to send any of our patients away, neither to the South, nor to the mountains, nor to the sea shore, nor to Heaven. It is, because the drug doctors have reached the limit of their resources, that they begin to devise such ingenious excuses for their ignorance. (Fig. 90.)

In cases of *Obesity* and *Excessive Leanness*, the lungs are principally at fault. When in health, the weight of a person depends mainly on the lung capacity. Under our simple treatment, learned from Nature herself,

Continued from Fig. 89.

eyes and nostrils in order to swallow this drink, recommended by drug doctors. It might be milk and brandy, so much recommended by the drug people which only hurried the patient to an early grave. *e*, inoculation with Koch's tuberculine; the surest way of relieving the patient permanently by an early death.

both difficulties are readily and permanently overcome. The reason is simple enough. *Natural treatment results in a healthy, normal body, and this is neither fat nor lean.* If, on the contrary, you were to study the books, written by medical men on these subjects, you would fail to understand how so many irrational views could be concocted by the human brain.

The *skin* frequently indicates the state of the system. Medical books enumerate a great variety of skin diseases, *i. e.*, acne and eczema. According to medical authorities, the "origin of eczema is a most difficult question, and still far from solution." So, we cannot be surprised, that this form of disease is mismanaged by the whole profession. We have already seen, how entirely unable the drug people are to account for contagious diseases,—*viz.* : why some people are affected, and others are not. It is the same with skin diseases. They cannot account for them, and they treat them from the outside, with salves or internally by means of poisons, blindly experimenting with each case.

We advocates of the natural methods, see nothing mysterious in either. We say: the patient's blood has been vitiated by the constant use of meats, spices, sugar, alcohol, etc., and the action of the depurating organs has been defective. This explanation is perfectly satisfactory; it covers the whole ground, and points the way to the only and rational cure. But because it is *simple*, the whole drug profession scoffs at and ridicules it, without deigning it any consideration. Yet they have nothing more satisfactory to offer in its place. Well, they have had their day, and we will have ours. Once let the public wake up to this question, and they will soon decide which is reasonable, and which nonsensical. Naturalists say, the blood is impure, and consequently the whole fibre of the body is impure.

Eczema or any sort of skin eruption is not a disease. It is merely an indication, or symptom. The true disease in this case, as in every case, is the impurity in the blood. Eruptions indicate that the system is trying to throw off its poison. This effort should be *assisted*, and not *suppressed*. This is *our* method, and *success* follows in every instance. With us, the eruption disappears, because the cause is no longer present.

But the drug people, totally ignorant of the origin of this skin trouble, concentrate all their efforts upon the *suppression* of the symptoms. In this way, they simply drive the poison from the skin back into the system. *We* try to draw the poison to the surface, because in that case the patient is relieved from danger. This fact is recognized by every one in such forms of disease as measles, smallpox, scarlet fever, etc. When

the eruption is thorough and full, the patient is always safe; but if it only partially comes to the surface, death or some lasting harm is sure to result.

The skin is not intended to secrete any except gaseous matter. Hence any eruptions or disease of the skin must be drawn away from the skin towards the abdomen, where we find the two natural depurating organs for liquid and solid effluvia. This is common sense treatment, and is effected by cooling the abdomen by means of prolonged cool hip-baths and wet abdominal compresses.



FIG. 90.—*Sent South.*

A consumptive is sent South by his drug quack, because the latter is too ignorant to cure him and wants to get rid of the responsibility.

We send no one South, nor to the sea shore, nor to a dry climate, nor the mountains. Whoever resorts to such expedients shows his ignorance of effecting a cure by simple remedies.

The other day, a little boy of two or three years was brought to us for treatment. He was suffering from a severe case of diabetes. He had apparently been in fair health until about a year ago, when eczema appeared on his face. This was successfully suppressed and driven back into the system by drugs and salves. Such suppression is an easy matter, but

the consequences are momentous. Suppression is *never* cure. In this instance the poison, which was not allowed to pass off in its own fashion, reappeared as diabetes. The physician in attendance could not cure this, and the mother took the boy to clinics and celebrities, only to be told that, while the life of some adults could be prolonged for a few years, with children diabetes was sure to terminate fatally in a short time.

Mercury and arsenic are the principal means of medical cure for eczema.

When a patient applies to a physician in private practice, the subject of "*health*" is rarely touched upon,—proper diet, for instance, pure air by day and night, proper clothing, the air-, sun-, and water-baths for the skin, etc. In fact, *medical men seem to forget altogether, that the skin has a most important function to fulfill.* Often patients come to us, wearing two or three woolen shirts, beside two or three woolen flannel "protectors." A Mrs. W., who came to us, was wrapped up in this absurd fashion. She had suffered with liver-, spleen-, and heart-troubles, swollen extremities, nervous prostration, headaches, palsy, symptoms of consumption, female complaints, etc. For 16 years, she had followed in vain the advice of the highest medical authorities in the city of New York. "I consider myself a total wreck, and beyond any repair," were her words, when she first came to us. *One dozen treatments effected a perfect cure,* and the difference in her appearance was astonishing. All the physicians she had consulted, cautioned her against *colds*—hence the amount of clothing she wore. Seeing the manner in which she was shrouded, we were not surprised that she had also been treated for a whole year for consumption. The first thing *we* did, was to dispense with *all* the flannel, and *in one week the cough disappeared.*

Mrs. F. had eczema when a girl of 14; but the eruption disappeared until about ten years later, when it was for 11 months unsuccessfully treated by medical men, in public dispensaries, etc. One month of Water treatment, however, completely cured her.

A young girl of about 16 applied to us for relief from eczema. Since her third year, she had hardly had one well day. *A fashionable physician of note had always cautioned her against the use of water. But it was this same WATER that cured her in less than two months.*

CASE OF ACNE. A young lady had it so severely that the boils were sitting on top of each other; many were of the size of a hazel nut, and as a whole, they formed lumps on both cheeks of the size of a man's fist. She took mercury and arsenic for 4 years, and she was

lanced some twenty times at the drug dispensary on Centre street. Under Water Cure the Acne rapidly disappeared.

You see, cure is no difficult, mysterious thing ; all that is needed is a little common sense. (FIG. 91.)

If rashes, pimples, ulcers, diarrhoea, etc., appear during treatment, they must by no means be interfered with. They plainly show that the treatment has strengthened the system sufficiently to enable it to throw off the poison that is in it. These symptoms should be welcomed by the patient as fore-runners of perfect health.

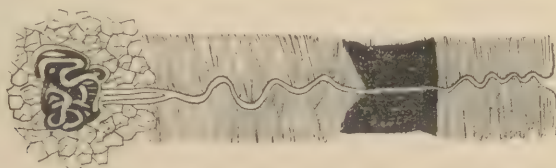


FIG. 91.—*A Pore in the skin.* The drug people rarely or never think of the use of the pores, or of restoring health by opening these pores ; on the contrary, they close these vents by greasy ointments and rubber bandages, and by recommending heavy underwear. All their prescriptions and endeavors are irrational, and in reality make people worse. The drug poisoners pay as little attention to the action of the kidneys and bowels. They content themselves by putting poison into the systems of people, never asking how the trouble arose, how far, for instance, is the inactive skin responsible? A person can only become sick when one or more of the eliminating organs are inactive ; then the effete matter collects. Any rational treatment tends to open the exits ; the drug advocates seldom think of this.

The medical school divides Diseases into two classes: Acute and Chronic,—the former being those diseases which are of short duration, and the latter those which are deeply rooted and may last a life-time. The fact that a case is permitted to establish itself and become chronic, shows gross ignorance and mismanagement. As a chronic disease is the outgrowth of an acute one, it is evident that since they exist at all, the drug physician has no cure for either acute or chronic disease ; his utmost endeavors really result in aggravating a slight disease into a serious one ; as when he changes rheumatism into paralysis.

The drug schools in comparing gonorrhœa and syphilis consider the latter the more serious of the two. They apply injections and internal drugs for gonorrhœa, and local caustics and mercury for syphilis. Under the drug system, both forms of disease may be followed by the most terrible consequences. Syphilis, especially, is never radically cured by drugs. By our natural methods we can absolutely and thoroughly cure

fresh cases of either disease in a few days, and old cases in a few months. This we are only too anxious to prove at any time.

We once had a patient who, sixteen years before, had contracted *syphilis*. He was unlucky enough to try first the drug schools, which treated him with mercury during all those years, and of course unsuccessfully. At the time of his application to us, he had large clusters of gummy tumors in three parts of his body. When told that Plain Water would cure him, he hesitated to rely on water alone, as he could not understand how *water* could have the power to cure, where *mercury had for sixteen long years* failed. We cannot blame him, when medical men also fail to understand this simple truth. Considerable persuasion was required to induce him to give up the use of the mercury; but we eventually succeeded, and after a treatment of *two months* the man was cured. Our system of cleansing, first softened the gummy tumors; then blood and pus passed away; and finally the tumors grew more and more shallow, until they entirely closed up.

"*Syphilis* and *scrofula* have from time immemorial been among the most dreaded scourges inflicted upon the human race. Worse than the plague, cholera or smallpox. Although these terrible visitations bring death and desolation to thousands, their reign is generally brief. Not so with *syphilis* and *scrofula*—these insidious enemies of the human race not only kill thousands outright, but leave their deadly stamp upon thousands yet unborn—a rich heritage of woe and suffering for generations to come. Physicians in all ages have invented remedies for the relief and cure of *syphilis* and *scrofula*," but even to-day are unable to eradicate them from the blood.

If a person at the age of fifty or sixty becomes sick, and his drug physician suspects that in youth there may have been syphilitic affection, he at once prescribes some mercurial ointment. This shows, how little faith the drug schools have in the thoroughness of their mercurial cure, as they fear that even after this immense lapse of time the syphilitic poison is not yet eradicated. *Is not this most pitiable and ridiculous*, when compared with natural methods?

SEXUAL, LIVER AND KIDNEY TROUBLES.

CHAPTER 21.



HERE are certain affections called strictures, in which the urine cannot be freely discharged; stricture also prevents procreation and causes many other fatal difficulties. This ailment, we do not hesitate to pronounce to be almost invariably the **RESULT** of injections of aseptics prescribed by the 'regulars.' (FIG. 92 and 93.) It is evident that the retention of the urine must lead to serious affections of the bladder and kidneys; and one of the most fatal of these complaints is Bright's Disease of the Kidneys.

The following case came under our observation: A young man having been treated by two representatives of the drug schools, finally called in a specialist, who gave as his opinion, that the disease had its origin in the scarlet fever, which the man had had at the age of six years; acknowledging thereby that for eighteen years his learned colleagues had permitted the foul and foreign matter to lurk in the system. The decision of this wise, this learned specialist was that nothing could save the man's life. When we were permitted to see the patient, his entire body was puffed up, his legs were swollen, and his urine on being boiled, coagulated into almost a solid, milky mass. And yet in two weeks of treatment by our natural methods the patient so far recovered that with our permission, he danced at a ball, without receiving any injury or suffering any ill effects. He was cured, the poison was forever eradicated, and no lurking germs of disease were left to creep forth with disastrous effect at a later time.

In cases of *Hernia*, the wearing of a truss is recommended by the medical schools. But the person who once wears a truss, requires it forever, and must moreover carefully refrain from any vigorous effort. An operation is sometimes performed, which may result in temporary relief, or may end fatally. Even if the issue is apparently successful, the rup-

ture is apt to return at any time. Is either the truss or the operation a sure method of *Cure*? Is it not rather one more instance of the superficial manner in which the drug schools treat their patients,—ignoring utterly the primary causes in every instance? (Fig. 94.)

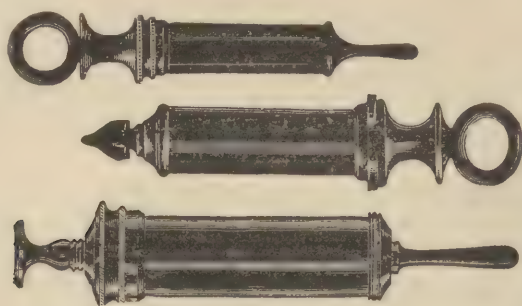


FIG. 92. Syringes used for injections in cases of gonorrhœa. A tiny instrument, but by its means the "regulars" succeed in ruining irretrievably the lives of countless thousands of vigorous young men annually. Natural methods permanently overcome the gonorrhœa in a week or two.

These remarks hold good in cases of *Prolapsus Uteri*;—all that drug people can try is, to keep the organ in place by means of a rubber ring. Was ever a woman *cured* by this method? (Fig. 95.) Take again a case of floating kidneys. What do the "regulars" in this case? A most

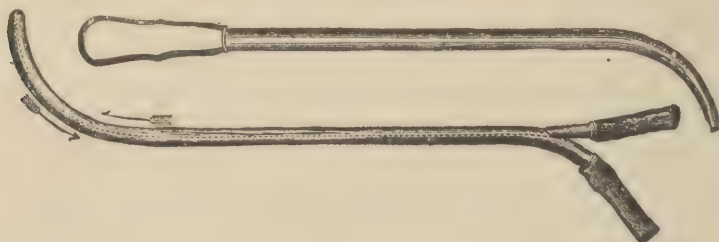


FIG. 93. Catheter and Bougies. Ineffectual means of the drug people of curing the stricture, which was first brought on by injections prescribed by them.

dangerous and painful operation, in which a passage is cut with the knife until the kidneys are reached, which are then fastened to the back by means of a fine silver wire, which remains permanently in the body. This may be considered from the drug doctors standpoint a very fine piece of work, but it is a miserable substitute for a *cure* by natural methods.

Now these three kinds of afflictions, hernia, prolapsus uteri, and floating kidneys are caused by a degeneration of the tissues. The walls which should retain the intestines, and which in a healthy system are very tough, become weakened and tender; and under the slightest strain, sometimes even by a cough, will tear like sheepskin, and allow the bowels to escape.

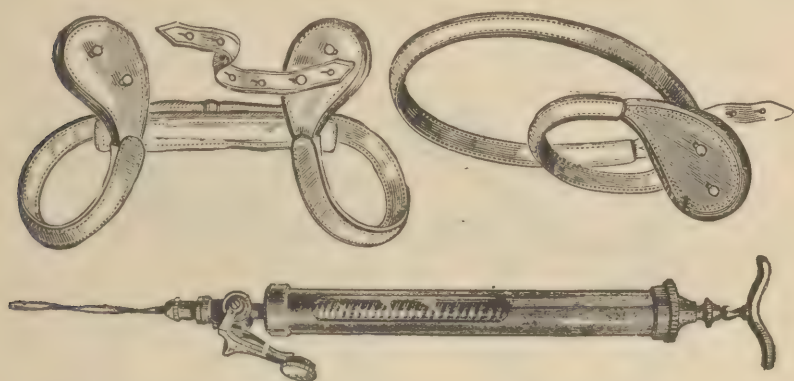


FIG. 94. — Trusses and Syringes.

Trusses are mere make-shifts and do not cure rupture. The operations for hernia performed by the syringe and in other ways, do not cure the *cause* that led to the rupture. Such an operation is always dangerous, often fatal and only at best gives temporary benefit. Rupture is brought on by a weakened condition of the tissues which retain the intestines. They became weakened by the perverse living of the patient, and a thorough cure can only be expected by the adoption of a rational mode of living. The idea of preventing rupture entirely, never suggested itself to our great "surgical lights." A person in perfect health cannot rupture himself by the severest strain; but if the tissues are degenerated, even an act of sneezing may bring it on.

The tendons, which usually support the womb and kidneys in their places, may likewise become degenerated, and then they are not able to hold up the weight of those organs. One would naturally ask, can those organs not be strengthened, and thus made to do their duty again? Certainly; and this is easily achieved by hygienic means. As to the treatment of *rupture*, it is plain that *only strengthening the abdominal wall, can prevent the rent from going farther, or, when the opening is fresh, close it entirely.*

If we seek the primary cause of degeneration of the tissues, we find it to be lack of nourishment in those tissues; the blood is not of the normal composition, because the food taken is quite contrary to the requirements of the human system. Thus, if you would avoid these diffi-

culties, you must live properly, and then, a rupture will be impossible. *A healthy person, viz. : a person free from encumbrance, can never rupture himself.* Suppose he should endeavor to raise a weight of five-hundred pounds ; either he would actually raise it, or his strength giving out, he would be unable to lift it ; but by no amount of strain could he cause a rupture in healthy tissue.

In medical books we fail to find a solitary word as to the manner of preventing these serious afflictions.



FIG. 95.—*A Few Samples of Pessaries.*

This is another sort of make-shifts, used by the "regulars" for falling of the womb. This state arises from a debilitated condition of the entire system, mainly of the abdominal organs induced by a wrong regime. Often these supports do not fit properly and cause great suffering. They are utterly useless as far as a "cure" is concerned. Cure can only be reached by hygienic means.

Mrs. F. suffered for years with many abdominal troubles, which Dr. S. diagnosed as Floating Kidneys, and for which he suggested an operation. Dr. B. thought it was inflammation of the ovaries, and urged an operation. Dr. V. took it for an affection of the womb, and suggested an operation. Here are three great authorities, and three different diagnoses ; but in spite of their disagreement, each insisted on an operation for life or death. Thanks to Water Cure none has been necessary.

Most ailments are accompanied by either a *loose or a constipated condition of the bowels.*

Mr. S. suffered with dysentery for *twenty-eight years*. He had spent a fortune in consulting specialists, but could find no cure. For fifteen years he had been compelled to take medicine daily. This constant drug-ging resulted in rheumatism, which, growing steadily worse for many years, at last terminated in gout. After relinquishing all hope of recovering

his health, he finally came to us for treatment. *In twenty-four hours*, the dysentery yielded; three applications routed the gout, and in eight days the patient was back in his office; and has enjoyed excellent health for years. *The author reported this case to three New York medical papers, but the editors—allopathic physicians—thought it of no interest.**

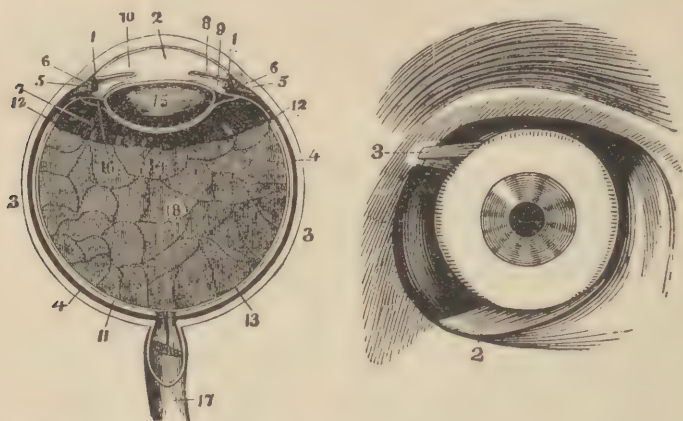
After his own cure, this patient urged a friend, who was suffering from constipation, to take our treatment. The friend said: "*I know from your case that the treatment will cure diarrhoea, but I do not see, how the same treatment can cure costiveness.*" This is only a sample of the wrong ideas disseminated by the drugging people, who consider, and also impress their patients with the idea, that diverse forms of disease require different treatment, and that one simple treatment like Water Cure cannot be considered adequate for all ailments. Thus the sufferers remain uncured for years. In this way, *the drug experimenters are not only failures themselves, but they prevent people from applying to methods that would undoubtedly relieve them of their difficulties.*

Such troubles as *blindness, deafness, etc.*, could readily be brought to a standstill, and in the commencement cured by hygienic measures. But our celebrated specialists do not wish to be ousted by a little plain diet and water; and so misrepresent this treatment as a humbug, thereby *condemning their victims to lifelong misery.*

Mr. L. D. had been under medical treatment for the eyes for five years before he applied to us. The right eye was totally blind, and the left was fast going; a gas-jet appeared to him surrounded by colored rings. After taking osmium prescribed by Dr. Greening, and after consulting all the celebrated specialists of New York, Dr. Knapp giving as his opinion that an operation on the right eye (the blind one) might possibly save the other, but that this result could not be warranted,—the operation was performed by Dr. Burnton of the Ophthalmic Hospital on 23d street. The result, however, was by no means favorable. After remaining in this plight for 18 months, we promised the patient to save his left eye, but on account of the useless mutilation of the right eye, could not guarantee how far this organ might be benefited. Three months of Water Cure under our care saved the left eye, and even partially restored the sight of the right eye. However, let us return to the treatment of constipation. (FIG. 96.)

* The ineffectual drug treatment had cost twenty-eight years of unspeakable suffering and about fifteen hundred dollars; our radical cure cost the patient thirty dollars. The reason why our mode of treatment was of no interest to the drug schools is obvious.

Costiveness may have many causes; such as, *habitual suppression* of the desire to go to stool, which may be followed by inaction of the colon; or the abdominal muscles are weakened, or there are special affections of the liver, etc.



Horizontal section of the eye. After Cruveilhier.

FIG. 96.—*The left eye*: 1, cornea; 2, chamber of the aqueous humor; 8, iris; 11, retina; 15, lens; 17, optic nerve; 18, vitreous humor. Blindness is the result of a skin forming over the cornea; or the lens becomes opaque; or the iris closes; or the humors grow impermeable to light; or the optic nerve atrophies. All of these cases are produced by deposits of matter foreign to a healthy system. A perfectly healthy person cannot become blind, or deaf; and if a person undergoes a thorough cleansing process as soon as any trouble with the eyes, or any other organ arises, affliction would positively be averted. On the *right*, we notice two of the muscles that operate the eyeball. If they balance in strength, the eye will look straight ahead; if one muscle is weaker than the other, squinting results. One muscle may act less powerfully by foreign matter having settled in it, obstructing its action. A cleansing of the whole system overcomes squinting. Oculists operate on it and mutilate the eye permanently.

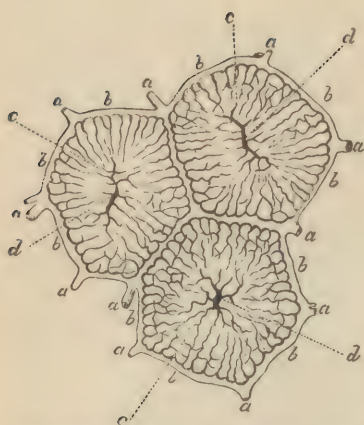
In the Dictionary of Practical Medicine by James King Fowler, M.A., M.D., C. E. Shelly enumerates the following causes of *Costiveness*: Abuse of enemata and *purgatives*; (!) the use of certain articles of food, such as *salt, meat, cheese* and *tea*. The abuse of *opiates, tobacco*, and *spirits*; a dietary yielding too small a proportion of innutritious residue, producing *fæces* too small in bulk to excite full intestinal peristalsis. All these articles are employed by medical men to cure other troubles, and

thus it is they who *cause* costiveness. Advocates of the Water Cure reject all these articles *eo ipso*. Natural methods of cure never produce costiveness, or any other ailment. For treatment, Dr. Shelley recommends a tumblerful of *hot* water at bedtime, and one of *fresh*, cold spring water sipped while dressing; a *pipe* or *cigar* after breakfast or dinner. Drugs, he says, are quite secondary to general hygienic and dietetic treatment, but their use is often necessary. In such cases, he advises a full dose of opium, pills of aloe and rad. ipecac., belladonna, hyoscyamus, calomel, arsenic, quinine, etc.

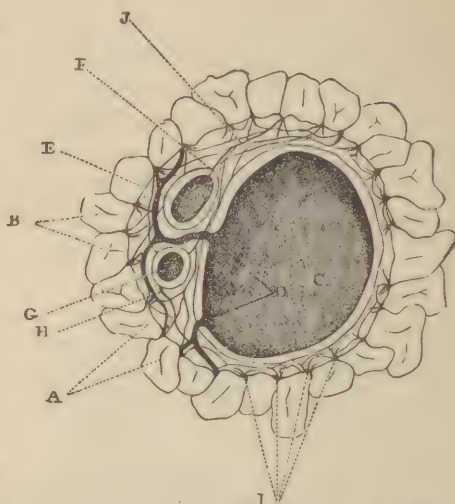
We have already stated our views on hot water for drinking purposes. It is injurious, because it lowers the tone of the digestive apparatus and the lower bowels. We have never heard of a case of costiveness being cured by *warm* enemas, and are of the opinion that it is *induced* by them instead. As Mr. S. considers purgatives one of the *causes*, we fail to understand why, nevertheless, he should advise and *prescribe a large number of such drugs*. We should reason that if costiveness be caused by purgatives, *more purgatives would only aggravate it*. He also states that *tobacco* may lead to costiveness, *yet* he *recommends* it. (!) Would he also recommend the pipe to ladies?

This drug prescriber is not the only one who recommends the use of tobacco. In '*How we ought to live*' by Dr. J. F. Edwards, we read of a man as follows: 'Never used tobacco, until after my first fever; then, when getting well, was subject to nausea after eating. *The doctor told me to try a whiff* or two after eating; he said he thought it would help me. It did, and so I got into the habit of smoking, and continued it for some twenty years or more, and then quit it for some ten years, *because I thought it did me harm*, having been a good deal troubled with dyspepsia after my fever sicknesses. Never getting rid of the desire to smoke, I fell into the habit again, and continued it until some six or eight years ago, when I left off again, as I thought it *produced a sort of giddiness in my head*.' By such prescriptions, the drug schools not only inflict physical harm upon their patients, but make them slaves to a disgusting and very expensive habit. (FIG. 97.)

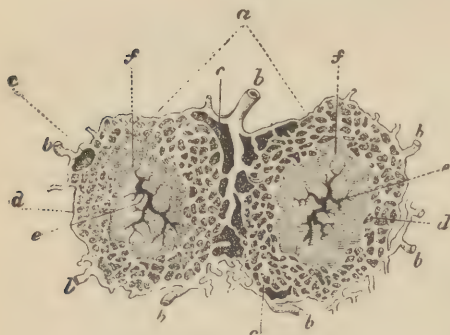
Wild animals need no pipes, no warm enemas, no hot water to drink; neither have they any of the purgatives which, while they are expected to overcome costiveness, really cause it. *Under such inconsistencies, we cannot wonder that constipation finally runs into the severest and most fatal liver complaints, for the cause of which, however, the drug advocates cannot account.* At any rate, they would not acknowledge these monstrosities to be their offspring.



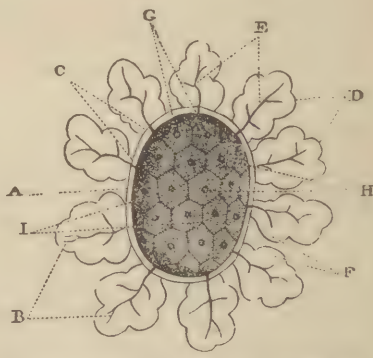
Interlobular branches of the portal vein, the lobular venous plexuses, and the intralobular branches of the hepatic veins of three lobules. From Kiernan.



Transverse section of a portal canal in the liver. From Kiernan.



Interlobular ducts. From Kiernan.



Transverse section of a sublobular hepatic vein. From Kiernan.

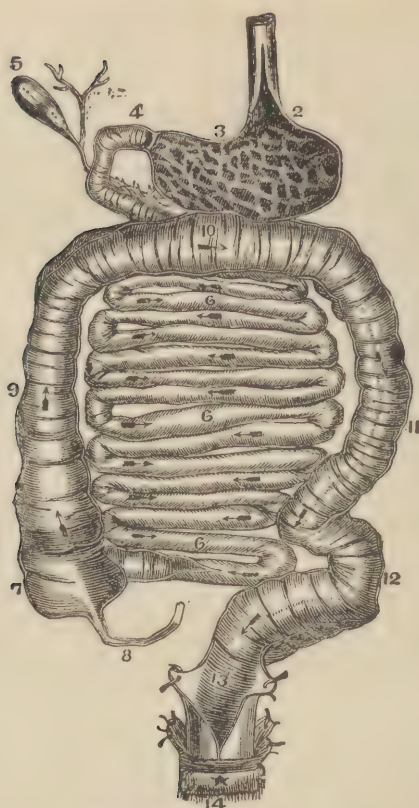
Fig. 97. A few cuts, exhibiting the wonderful and complex construction of the liver. The liver secretes the bile. The bile acts upon the chyme in the duodenum rendering its fatty portions more soluble, and thereby aids in converting them into chyle; a part of the bile is discharged with the excrements, thus relieving the blood of superfluous hydrocarbons. It stimulates the mucous membrane of the intestines to increase its secretion and promotes the peristaltic motion of the bowels. By eating too much hydrocarbons, as is done if following the perverse diet of civilized races, we exhaust the liver; then the bile is not sufficiently secreted from the blood; the skin becomes yellow, and costiveness sets in. To cure this condition we should rest the liver by a proper diet, refraining from the hydrocarbons (fat, white bread and starch of any kind, and sugar) The drug schools, not know-

The deeper causes of both *constipation* and *dropsy* when inquired into, are usually found in a torpid condition of the liver and the kidneys respectively. The drugging people say : "We must make them work." To this we heartily agree. But now comes the difference between the Drug Treatment and our own. The drug practitioner begins to experiment with his poisons in stimulating those organs ; he succeeds apparently for a time ; but the patient has to keep on taking drugs until finally the most powerful of them fail to operate—because those organs have been utterly ruined,—killed by the drugs. This is the ultimate outcome of medical thoughtlessness and superficialness.

We, on the contrary, begin by investigating more deeply, and inquiring, how such sluggishness of the liver and kidneys is caused, always finding that it is the result of overwork. In the case of the liver, the patient has eaten too much, of too rich, or improper food ; and in reference to the kidneys, a similar cause has existed, injurious liquors have been taken, and in excessive quantities. The limited amount of vital power allotted by nature to these organs, is overtaxed, until they become utterly prostrate. We can exercise our muscles up to a certain limit, but if we go beyond, they will be lastingly injured. After exerting our muscles, we should rest them. And when liver and kidneys are tired from work, the only proper way to cure them, is to allow them rest ; not to goad them further to over-exertion, which must end in their irreparable loss. In order to give rest to the liver and kidneys, we allow to the liver as little food as possible, and to the kidneys, as little drink as possible ; both food and drink must consist of articles natural to man, and also in their natural condition. We still further assist the liver by taking useless work off its hands by means of cold enemas, cool sitz baths, cool wet abdominal bandages, etc. In this way, both organs are soon restored to their normal activity. Under Natural Methods such conditions as torpid liver, wax liver, cancer of the liver or Bright's Disease and diabetes, cannot develop. They are the *result* of overstimulation by medical poison. (FIG. 98.)

(Continued from Fig. 97.)

ing anything of the *cause* of the trouble, nor of its simple cure, try to overcome it by their prescriptions of calomel etc. They only make the difficulty worse : a person may take these drugs for 20 or 30 years, but never be cured by them of his costiveness ; if he still continues to live he will certainly then suffer from diabetes or some similar ailment. Natural methods cure costiveness easily and radically ; and this in a short time, if the cases are fresh. To administer purgatives, is quite unphysiological, and will sooner or later be viewed as the action of thoughtless people.



Digestive tube. After Cloquet.

FIG. 98. *Stomach and Intestines* (we should be most careful what we put in). 2 and 3 stomach, 5 gall bladder; 4 duodenum, between both is a valve, called pylorus. 6, small intestines; 7, cæcum; 8 appendicula; 9, right ascending colon; 10, transverse colon; 11, left descending colon; 13, rectum; 14, anus. In the stomach, the food is reduced to a consistence called chyme; this is effected by means of the saliva and gastric juice. Different kinds of food require different periods to become completely chymified. Different periods are also required by different stomachs. Little by little the chyme passes the pyloric valve, and is thus received into the duodenum, where it is elaborated into chyle through the agency of the bile and pancreatic fluids; then the process of absorption by means of the Villi commences. The intestines are lined by a mucous membrane; when this is cleansed it presents a velvety appearance owing to little projections, the villi. There are about 4000 of these to the square inch. Chyle is a fluid of milky color and consistence; a portion is absorbed by the lacteal tubes (villi), while the excrementitious portion passes onward. Absorption exists to a small extent in the large intestines (9 to 13); this fact explains why a patient whose stomach can receive or retain no aliments (on account of having been entirely

After a poor stomach has been drugged till it is incapable of retaining any food whatever, the drug doctor mistakes the use of the colon and injects food through the anus. How does he expect that this food can be digested and assimilated without the saliva and other secretions? This instance shows plainly how absolutely perverted his mind has become; anything suggestive of nature, seems repulsive to him. The more unnatural a method the more scientific it appears to his distorted intellect. (FIG. 99.) The expulsion of fæces should proceed easily and with expedition. Any one who will expose his naked body to the light of day for several hours at a time, will be struck by the coincidence that the ejection of the fæces has become much more normal than ever before in his life; thus illustrating the powerful influence of light on the normal functions of one's body.

We hold that no substances should be introduced into the system but those which are directly conducive to its support and growth. Now, this is manifestly not the case with drugs. They irritate the intestinal organs and cause them to secrete an extra amount of fluid from the blood in order to wash the poisons away, and the bowels are consequently evacuated, not in a natural way, but in the most unnatural, harmful and irrational fashion.

The drugs waste vital power; and the lasting injury done by them is overlooked in the temporary relief which they afford. Costiveness was never cured by medicines. If you once commence with them, you have to continue, taking more and more powerful, *i. e.*, (more virulent poisons), till even mercury loses its effect; then the liver becomes inactive, and death finally relieves the sufferer. Countless people take drugs for costiveness for twenty years and upwards, getting worse all the time; but the learned drug prescribers are quite blind to this, and do not see the plain fact that the chronic constipation is but the result of their own irrational medication.

Many cases of constipation come before us, which have been unsuccessfully treated for many years,—and we usually find they yield readily in a month or two of treatment under natural methods.

In our practice there is no blind experimenting, no groping in the dark,—we know the use and the purpose of each act, of each application.

(Continued from Fig. 98.)

spoiled by the drugs), may be supported for a few weeks by nutritious enemas alone, but then succumbs to exhaustion. Scientific though such enemas may appear in the eyes of the drug doctors, it would be much more rational to keep the stomach in its normal activity; and nothing is easier than this, by the use of natural food and rational treatment.

We do not acknowledge costiveness and diarrhœa as entities ; they are only symptoms of perverse living or the result of persistent drugging. In the case of costiveness, the effete matter is retained too long ; in diarrhœa, it is expelled too quickly. Both abnormal conditions have the same origin, —foreign deposits, and therefore the same treatment will prove effective, —expel the alien substances by natural methods.

If a grain of sand happens to get into the eye, this organ secretes a large amount of fluid, with the view, as it were, of washing the intruder out. We hold that all drugs, if they do not directly destroy the living tissue, are treated by the body in a similar way. The effects produced by a drug, depend partly upon the strength and condition of the organ, and partly on

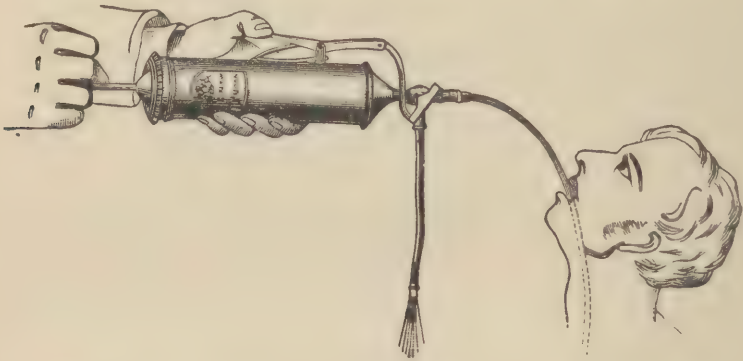


FIG. 99. *Stomach Pump*, used by the drug schools in cases of dyspepsia. Here, they empty the interior after poisoning the stomach to such an extent that it refuses to retain anything, by way of the mouth ; in other cases they try to feed the system by the rectum. The drug people are continually perverting nature ; and the more they succeed, the more scientific they consider themselves.

the solubility of the drug. But in any case, the organ secretes a large amount of fluid, and as no good can come from the poison, and as the fluid is drawn from the blood, not only a lasting injury is done the body, but a considerable amount of vital force is expended. We realize this more fully when we remember the exhaustion experienced after the eye has been weeping any length of time, or still more, the prostration following an attack of diarrhœa that has lasted a few days.

Over-feeding may be another cause of costiveness. People have become fond of spices, and they like a variety of dishes at each meal. By the use of condiments and the great variety of dishes, people are induced to eat beyond the requirements of the system.

The liver secretes bile, which serves as a kind of lubricator to the intestines, so that the fæces can pass along easily. The amount of bile secreted, is in proportion to the needs of our system ; but if we eat too much, the liver has to make an extra effort. By the cooking process, the albumens of our food are made more or less indigestible. But as we require a certain amount of nourishment to keep up strength, we need a larger amount of this spoiled food than if we took our food raw. This involves a second great loss of vital power to the liver and other digestive organs, and is a fruitful source of constipation.

The task of getting rid of the extra supply of innutritious material, largely devolves on the liver. If a person thus overtaxes his liver and other organs for years, their strength must finally become exhausted ; the liver stops work ; the bile no longer secreted from the blood, tinges the skin [a symptom called yellow jaundice] and as it is absent from the bowels, constipation is the result.

How does the drug school treat these evils? By laxatives, mainly calomel.

Suppose we should ask you to bend your arm backward and forward, as long as possible, and you were able to bend it fifty times ; suppose at that instant a pistol were placed at your head, and you were forced to continue the exercise. Perhaps by an extra effort you might be able to repeat the action another fifty times or so, but the moment would come when the activity of the muscles would reach their ultimate limit, and absolute prostration would ensue ; no amount of coercion being of any avail. So long as we keep our exercise in bounds, no harm will come of it ; but any extra strain injures the muscles lastingly. So it is with all our organs. The way to recuperate them is, *to rest them*.

This can be done in two ways : by opening the bowels by natural measures, such as cool enemas, cool sitz-baths, the use of the wet girdle, the drinking of water, kneading the abdomen, certain gymnastic exercises, exposure of the whole skin to the full daylight, etc., and by eating little food, unseasoned, uncooked, etc., so as to take any extra work from the liver.

The drug schools, being totally ignorant of the cause of costiveness, prescribe purgatives, and thereby goad that already exhausted organ, the liver, until it is wholly prostrate. This is why they never effect the cure of a liver complaint. On the contrary, the more drugs are taken, the more obstinately costive a patient becomes.

Kneipp by his Constipation Pills does the same lasting harm to his patients, as the drug schools. In his three volumes on Water Cure, he

does not mention the treatment of *diabetes*. But in his lectures he says that he considers it, in its advanced stage, incurable by water. The drugging people are still more powerless in dealing with this ailment. The reason is obvious. Originating as it does from an exhausted condition of the liver, spurring this organ to over-exertion by drugs, can only aggravate this complaint.

Permit us to state a few cases out of our practice.

Mr. M. was constipated for at least *thirty* years, and had been under medical treatment for the liver for *eighteen* years. He was also troubled with sleeplessness, dyspepsia, etc. He was thoroughly cured by Water in one month.

Mr. S., editor of one of the largest New York dailies, suffered with diabetes and sluggish liver, for which, in vain, he sought relief at the famous Springs at Karlsbad, Austria. One dozen baths of plain Water cured him right here in New York City.

Mr. B., aged 53, had diabetes, for which he had been treated medically for a year. He had also been treated for costiveness for thirty years. When he applied to us, his pulse was 112. The specific gravity of urine (which at the beginning of our Water treatment was 1040) went down within two weeks to 1033, and was normal or 1018 within less than three months. His cure was permanent.

This patient told us of a butcher who, being afflicted with the same trouble, was under the treatment of one of the great medical lights already mentioned. He was directed to give up starchy food, and to subsist mainly on meat. Just think of it! The butcher, who had been living all his life on almost nothing but meat, and who in our opinion had contracted his ailment from this perverse diet, was ordered to eat *more* meat. This is a fine specimen of the wonderful logic exhibited everywhere by our drugging people.

A Mrs. F., age 51, mother of eight children, had been treated three years for diabetes; during the last two years she had been costive, *i. e.*, this trouble set in after she began to take drugs. Her son-in-law being a physician, put her under the treatment of the best specialists who prescribed their specifics, and treated her electrically, all to no purpose. After a short time of Water Cure Treatment she felt sufficiently benefited to recommend it to a lady friend, afflicted in the same manner. This lady's age was 60; she had given birth to eleven children. The lower part of her body always felt like ice, in spite of an immense amount of clothing. (We say, on account of it). She had been costive for years, and constantly took liver pills and other medicines and yet often went

for three or four days without a passage. Warm enemas, ordered by medical wisdom perpetuated the trouble. She suffered with headaches, pains in the spine, the liver and spleen for years; and there were spells of dizziness, etc. Her own son belonging to the medical profession, she undoubtedly had the best relief medical empiricism could afford; in her case it was worse than neutral. A short course of Water Cure, entirely transformed this person, however.

KIDNEY TROUBLES.

CHAPTER 22.



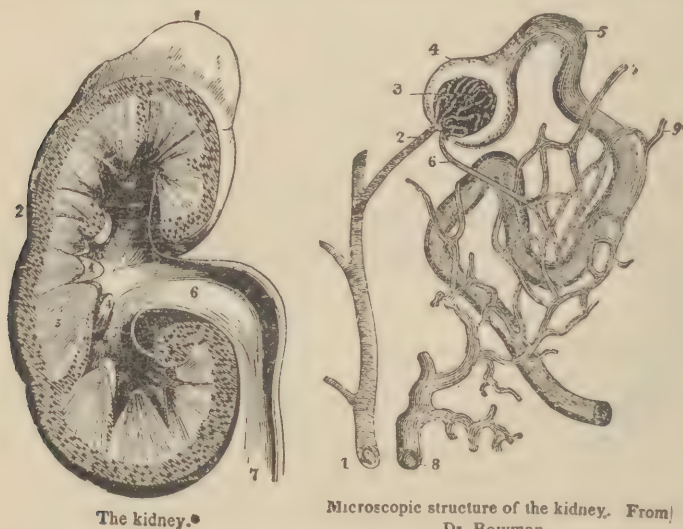
KIDNEY TROUBLES in the first instance, arise from overwork of that organ. These troubles may be brought on in two ways: People drink far in excess of the wants of their system, and in secreting this deluge the kidneys are compelled to waste the amount of nervous force apportioned to them. Or the skin, which in health evaporates several pounds of invisible perspiration per day, becomes clogged up and inactive by the mode of excluding light and air from it, and retains this fluid, again forcing the kidneys to do double work. (Fig. 100.)

How do we treat kidney troubles? In the only two ways that are both rational and effective. First, by restricting the absorption of fluid to the smallest possible amount, in some cases only allowing the mouth to be rinsed in case of thirst,—and as our diet in itself is non-irritating, and excites little thirst—less liquid is desired. Second, we stimulate the skin, and by making it do its own work, the kidneys are relieved. The skin is easily revived by Water processes, friction, massage, exposure to the air, light, etc.

The drug people and also Rev. Father Seb. Kneipp, not knowing the true causes of kidney troubles, try to cure them by mineral poisons and medical herbs. They only succeed in ruining the organs forever.

By dint of using our brains, we have been able to establish a course of strict diet and purely hydrotherapic applications, by which we find no difficulty in curing the most desperate kidney complaints.

Dropsy in its various aspects is no sickness in itself ; it is only an indication that the patient's water-works are out of order ; it is the result of some other difficulty. No one should ever die of it ; nay, it would be unknown, if our drugging friends were able to overcome the primary evil. Rational treatment would consist in removing the *cause* ; drug treatment consists in removing the effect—the water—by tapping. But as this process does not remedy the cause, the water will collect again, the operation has to be repeated until the patient, often quite young, dies from exhaustion.



The kidney.●

Microscopic structure of the kidney. From
Dr. Bowman.

FIG. 100.—*Structure of the Kidneys.*

If subjected to a diluge of improper fluids, such as alcoholic beverages, etc., these organs become diseased, excreting too much or too little fluid. If too little, the symptom of dropsy results

If their function be abnormal, it arises from infiltration by abnormal substances. How our medical lights can expect to remove this injurious matter by adding more poison under the delusive appellation of medicine, is totally beyond the grasp of the author's intellect.

All food contains more or less water ; it is found in meat, eggs, bread, vegetables, fruit, etc. Coffee, tea, wine, brandy, and beer are principally water, more or less adulterated by some harmful substances. The fluid enters the body mainly by way of the mouth. It is secreted again, by the lungs, skin, kidneys, and bowels. The normal human body consists

of almost 80 per cent. of water. But if the excretory organs are out of order, the water cannot be secreted fast enough, and will accumulate in the body. This is *Dropsy*. How would any other rational being proceed to cure dropsy? Why, we should judge, by inquiring how the depurating organs got out of order? Why, for instance, does the skin not work? Because all its pores are clogged up with effete matter; the skin is cold and deathlike; there is no blood in it. Similar conditions will prevail in the lungs, the kidneys, and the bowels, which in cases of dropsy are usually costive. Why is it that these organs are clogged up? Improper substances—*i. e.*, medical drugs administered for other ailments,—were taken into the system, and were more than the latter could secrete. The body, in its endeavor to eliminate them, may have power enough to carry them as far as the depurating organs, but lacks the power to expel them entirely. How do the men, styled "humbugs" by many drug practitioners, proceed to cure *Dropsy*? By the only way in which it can be treated rationally,—namely, by first of all interdicting the taking of any more poison; and then by prescribing a proper diet, thereby cutting off any new supply of injurious matter. After that, we direct our attention to the elimination of the matter which has settled in the organs of secretion. And the measures which we use for this purpose, not only accomplish their end, but they invigorate the entire system, so that the patient grows stronger with every application. How do our licensed drug scientists treat *Dropsy*? First, they prescribe drugs, which stimulate the skin and the kidneys. As their original trouble came from exhaustion on account of having had to contend against too many injurious and abnormal substances, such poisons may appear to cure dropsy for a time, but it will return with increased vigor, and then the drug dispensers proceed to draw off the water by an operation. Does *this cure*? By no means; the water collects again, and the tapping is repeated, till finally death closes the scene and relieves the poor wretch forever. (Fig. 101.)

At the present time, *nervous affections are innumerable*. To a large extent, *they are of a recent date,—as recent as the countless, modern chemical preparations prescribed for them*. Is not this a striking coincidence? Does it not seem that the nervous affections are only a result of the drugs? To assert this as a positive statement, would be looked upon by the drug schools as heresy. We may divide all nervous complaints into two groups, *viz.*: such cases as deafness, blindness, palsy, etc., where the nerves are quite inactive; and such troubles as sciatic rheumatism, some cases of locomotor ataxy, myelitis, nervousness proper, etc., where the nerves are in an unusual state of excitement. The latter is the only

kind the drug profession ever treats; and they treat this class with various poisons to soothe the excited nerves. These poisons do their work so effectually that before long the previously excited nerves become calm as death; indeed they have been killed by the drugs; and *that is the reason, why the drug schools have no remedies for the first-class*,—they are the offspring of the calming drugs. Every case of deadened nerves, commenced with an inflamed condition.

A nerve, like any other organ, is sick, when it is obstructed with foreign matter. The nerves are invaded last, and all the rest of the body must first be permeated with corrupt matter, before this will settle in them. They begin to fail in their proper functions, when overtaxed. As

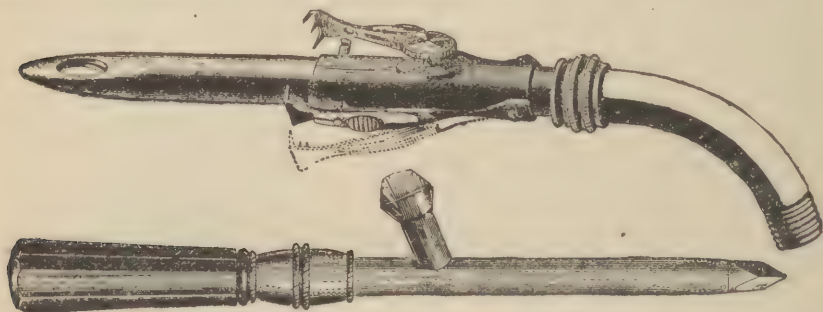


FIG. 101.—*Trocars*. Surgical instruments for tapping people in the case of dropsy. This operation has to be performed again and again, till the patient succumbs from exhaustion; and this mode of treatment does not remove the cause of the trouble. Hydrotherapists understanding the cause of dropsy, never dream of resorting to such a useless measure as tapping; they build up the system by natural and invigorating means, and permanently cure the patient, if his vitality is not totally exhausted by the previous system of drug poisoning.

with the liver and kidney troubles, there is only one rational way of curing affections of the nerves, *viz.*: to REST THEM, and to remove the *impurities*. We give them rest, by relieving them as much from work as is consistent in maintaining strength. This is accomplished by eating and drinking moderately, according to our natural dietary, in its natural form. And in order to aid them in throwing off their burden, we must exercise the muscular system mildly, expose the skin to the free access of air and light, and open the excretory organs, the skin, liver, and kidneys, by the Water Cure processes. This is common sense treatment. No person would ever become blind under it. If there are any medicines more injurious than even the pain-killers, they are those which belong to a

class called "tonics." We need no other tonic than proper diet and living. Let us quote a few cases from our note book:

Mr. M. D., aged 42, was a sufferer from Sciatic Rheumatism. He was treated by several drug doctors unsuccessful; he spent three months in St. Luke's Hospital and one in Roosevelt, taking much medicine, and was cauterized, etc., and the result of the treatment was, that one leg became considerably shorter than the other. This has made him a cripple for life. Some twenty applications of Water Treatment relieved him from suffering, and enabled him to return to his work; but of course we could not expect the leg to be restored to its normal length by these few treatments.

Mr. G. R. Knee-jerk lost; pulse irregular; hair thin; piles; catarrh in the head for six years. Could not read on account of dizziness. Twelve Water applications made him feel quite well.

Mr. H. had Total Paralysis, was given up by three doctors; one of them told him that a physician from heaven could do nothing more for him. Both hands and arms up to the elbows, and both legs up to the knees were quite cold, white and stiff; the fingers were flexed and could not be moved. It required two men to raise him from his seat. Patient walked again without a cane after three weeks Water Cure, and after six months, played his flute as well as ever.

Miss A. C., aged 39.—Case of *Paralysis*. Her pulse was intermittent, and many warty eruptions studded her velvet-like skin; she perspired unnaturally, was very nervous, and suffered from insomnia. Her right arm was palsied. Living a few weeks according to our instructions, restored her to perfect health.

Case of *Myelitis* (a kind of Paralysis).—Mr. M. S., aged 30, suffered for two years from various trouble. Knee-jerk was exaggerated; there was belt-tightness; * his legs twitched, his tongue was coated, his appetite very poor, and slept very restlessly. He tried both allopathic and homeopathic medication, went to clinics, took about twenty sulphur baths at Sharon Springs, and used Dr. Greene's patent medicine, all of which was in vain. A month of Water Treatment made a new man of him.

Case of *Locomotor Ataxy*.—Mrs. K. S., aged 51. Costive all her life; had passages once in four days. Walked with a staggering gait; no knee-jerk; legs cold, totally palsied up to the knees. Always sickly; off and on in various hospitals since her eighteenth year; principally

* A peculiar sensation like that of a belt drawn tightly around the abdomen a symptom characteristic of myelitis.

ailing for the last sixteen years. Suffered with headaches for many years. Seven years ago, her finger-nails became loose. Specific gravity of urine was that of distilled water. Feeling returned to the legs within three weeks after the commencement of the Water Cure; and after about 36 baths, she felt well enough to go into service again.

Mr. R., aged 22, was afflicted with *Seminal Weakness* and *Nocturnal Emissions* of three years' standing. Very nervous; has to hold his head when spoken to; loss of memory; dread of company; flushes of the face. Piles for four years; pain in kidneys. Extremities cold. Twitching of the eyes and cheeks. Was treated for 8 months in the dispensary of the Post Graduate Medical School, New York City, by Profs. Fuller and Cabor. Twelve Plain Water applications cured him thoroughly.

In regard to *Epilepsy*, Dr. W. W. Hall says: "While medicine has no power to cure epilepsy, it is very certain that grown persons can keep it in abeyance by the exercise of a close observation and a sound judgment,—can, in other words, ward off an attack for a life-time by attention to two things; first, by avoiding, as to quantity and quality, the food which causes any kind of discomfort. Second, by regulating the system so as to have one full, free action of the bowels every twenty-four hours. To look for restoration in any other direction is utterly hopeless." From this statement, we can understand, that the usual mode of treating epilepsy is worse than useless, as the drugs not only fail to cure the ailment, but undermine the patient's constitution.

Case of *Epilepsy*. Miss. C. L., aged 23 years; had poor health from infancy; her pulse was irregular; she was troubled with most obstinate constipation for five years; she had once gone for 9 days without a passage; had the measles, mumps, diphtheria and pneumonia, each several times. She was troubled with cold feet, headaches, and leucorrhœa. Epilepsy commenced four years ago, on the suppression of leucorrhœa. The attacks often took her unawares; sometimes having two in a day. She was treated by many 'regulars' unsuccessfully—all their names she could not recall, but among them was Dr. Greene. It was *our* simple method that cured her. After fifteen baths she felt the buoyancy of life for the first time.

At one time a man, thirty-two years of age, had brought epilepsy upon himself by persistent practice of masturbation. For sixteen years he was treated by the leading drug spirits of the city of New York and Philadelphia; and had been treated for over a year at the Pasteur Institute of New York, where they operated on him but did not effect a cure. Why did drugs not cure him while the case was fresh? Because

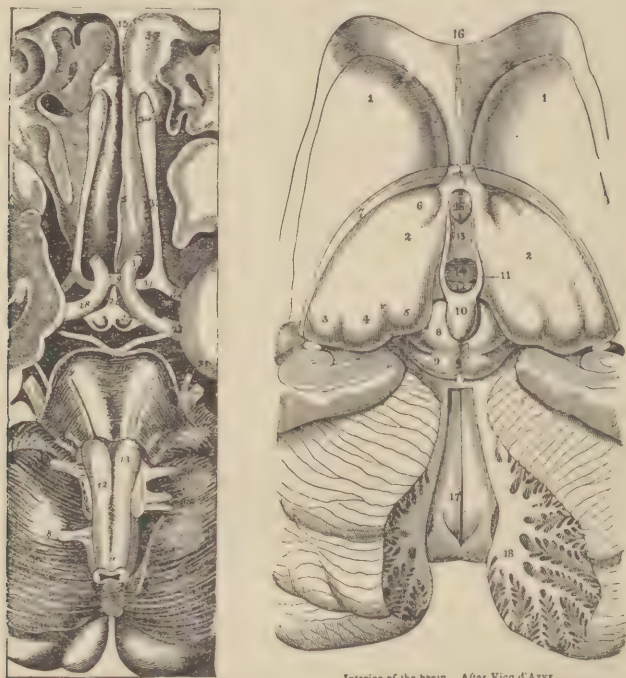
there is no mineral drug for it. To show, however, how easily this disease is cured by rational and common-sense methods, we will quote another instance from our note book :

A girl, J. H., seventeen years old, had been suffering with epilepsy for three years, caused by onanism since her seventh year. The parents were unaware of this practice ; and all the many medical people had done was to prescribe plenty of drugs, but not one of them inquired into the *cause*, nor cautioned the patient. This was the very first thing *we* did. She had been very costive for over three years, frequently having an action only once in five days ; pulse irregular ; menstruation irregular, and a victim of dizziness. A heavy necklace-like belt of foreign matter ran all around the neck, making it look remarkably cone-shaped. Within two weeks, her bowels had become quite normal under our plain diet and few simple water applications ; after six weeks, the girdle around the neck had almost disappeared, and a perfect cure was effected in less than three months.

At one time a boy was brought to us with a *tumor in the brain*. The child having gone through measles, whooping-cough, scarlatina, mumps, etc., had always been in ill health. Shortly before he came to us symptoms developed, that were diagnosed in the Centre Street Dispensary as stated above. An operation was proposed as the only possible remedy. The father of the boy was asked to give his written consent. The drug doctors wanted to secure themselves in case they killed the boy. The father, however, refused, and brought the child to us. The left ear discharged, and the boy was hard of hearing. His pulse was 140, his tongue was coated, and he ground his teeth and kept his mouth open during his restless sleep. He always carried his head inclined toward the right side. After *three days* of our treatment, he played in the street again, and within a month was in better health than he had ever been before.

Another case of *Tumor in the Brain* : The patient was Mrs. L., treated by Drs. F., S. and others for 11 months, who prescribed medicine by the basket-full, but to no purpose. The last physician advised her to go to a Home for Incurables (fine advice to give a young person to bury herself alive—with her pain !), but patient preferred to go to Mount Sinai Hospital. Five weeks treatment there proving unavailing ; she was sent to the Post Graduate Hospital. Professors Hammond and Abbe determined on an operation (on the brain!). We need not tell you what would have been the result of such a procedure. When first seen by us patient's hair was cut, preparatory to the operation. Water, plain Water, relieved patient so much within *eight days*, that we notified Prof. Ham-

mond that the lady was already as good as cured, and that no operation would be necessary. He did not deign to reply. There is little doubt but that many similar cases have presented themselves to him since. Do



Interior of the brain. After Vicq d'Azyr.

FIG. 102. Two Views of the Brain. The cut on the right side represents a view of the base of the brain, both cuts illustrate the complicated structure of this vital organ. Yet the drug doctors are ever ready to operate on this delicate organ and frequently kill the patient. We have been able to cure several patients of brain troubles who had already been doomed to the knife. The brain is fed from the blood, the same as any other organ; if its functions become abnormal, as in the case of insanity, it is owing to the presence of foreign material. In cleansing the entire system by rational and suitable methods of Water Cure, we make the brain healthy also. Operations are never necessary, and only seem so to people who know no better means.

The human system is a wonderful contrivance; the deeper a person penetrates the study of its structure, the more it fills us with awe. But our clumsy surgeons cut and slash at it quite thoughtlessly, unmindful that they produce deeper sores than the original ones, and that it is Nature after all that has to do the entire healing. We do not believe in cutting and thus giving Nature double work; we assist her by removing the corrupt matter. Besides, if any case could be treated by our mode from the start, the necessity for operations would never arise.

you not think that Prof. Hammond should have investigated our mode of treatment for the sake of his patients? (FIG. 102.)

Apoplexy is the result of the rupture of a blood-vessel in the brain; then some blood, oozing into the brain, forms a clot which exerts a pressure on the brain, causing paralysis. This affection continues to exist as long as the blood-clot is not absorbed. Let us see what the drug school has to say on the treatment of this trouble. One of our wealthiest men (we refer to Mr. Vanderbilt), was stricken down by this scourge. Though able and willing to royally reward efficient services, the result of several years medical treatment was anything but satisfactory. What conclusion is thereby inevitably thrust upon us regarding the skill of the prevailing school of practitioners? With this instance before us, let us give the matter a few moments serious, unbiased consideration. We first quote from one of the leading medical text-books, as follows: * "Diseases of the blood-vessels of the brain, are responsible for the majority of cases of cerebral paralysis. There may be some obstruction in the arteries,—or, else, a rupture of the vessels themselves, and a consequent suffusion of the brain with blood. A large proportion of such cases co-exist with granular kidneys and enlargement of the heart. Alcohol, gout, and syphilis have their share in the production of these arterial lesions. Blood clots form in the brain; and, though these may be, to a large extent, absorbed, in time—degenerated portions almost inevitably remain. Frequently, however, an attack of apoplexy comes on with no warning whatever. "(??)" The out-look is generally unfavorable in proportion to the severity of the earlier symptoms, and a fatal termination of the disease may occur at almost any stage of its progress. While the partial paralysis following the initial stroke may pass away in time, more frequently, its effects are felt for life. For relief—the best treatment known is the application of ice to the head—lessening the accompanying constipation by administering calomel," (a form of mercury), "while blisters and mustard plasters may be applied, and leeching and venesection resorted to;—with however, no certainty of success." (!!) "The specific treatment of the subsequent paralysis cannot be entered upon, until all evidences of disturbance in the brain have subsided." (??!) "The application of electricity *may* be of benefit, *but not, however, until six weeks*

* The selection of the standard medical works, from which we have quoted, was made hap-hazardly; in point of fact, it is quite immaterial which ones you consult; the author of one knows the nature of disease, and the way in which health should be restored, just as much, or rather as little as the other; and we deem it useless for a patient to go from one physician to another, because they all know nothing beyond what they find in those wonderful standard works of Medical Science!

or more have intervened after the apoplectic stroke. The patient should confine himself to a light diet, *i. e.*, fish, milk, custards etc.—avoid undue use of alcoholic stimulants,—take but moderate exercise,—and refrain from all excess of mental activity. But the possibility of subsequent attacks, despite all efforts," (that is under medical treatment) "should always be borne in mind." (To what purpose since they confess themselves powerless to prevent them?)

So much, from authoritative sources, for the position maintained by medical men regarding this by no means uncommon disease. At best we see the patient is afforded but partial relief from actual misery, and even this is conditional upon the sacrifice of his keenest interest in business and the many affairs of life that make it worth living. Now can *this* be regarded by reasonable beings as in any sense a "cure"? Medical men admit that organic affections of the kidneys and heart, and the alcohol habit, which is, in itself, a disease, are well known factors in the malady under discussion,—against the ravages of which they are forced to concede their formulas are of slight ultimate avail. Why, then, do they not direct their best efforts toward the mastery of those troubles that *precede and lead* to the more complicated one? The reason is only too evident. They are as helpless in the one case as the other; as, in truth, they are in even so trivial a matter as a cold in the head. While admitting the formation of blood clots in the brain, have the advocates of the knife and drugs any means of hastening their reabsorption? No more than they have of repairing the injuries consequent upon their prolonged presence. They apply ice to the head, thereby retarding that complete circulation upon which life itself depends. As a purgative, they suggest the use of mercury—admittedly one of the deadliest poisons, whereas an enema of plain water would be *absolutely* harmless, answering quite as well. Again these scientific graduates insist that the electrical treatment must be postponed, until the brain has quieted down. As this usually does not take place until a portion of the brain is permanently destroyed, this way of deferring proper measures, is the cause of the paralysis so frequently consequent upon an attack of apoplexy when treated by the drug people. They thereby tacitly confess their methods to be fatally at variance with each other. The abstraction of blood is often one of the first measures to which they resort; a procedure, the advantage of which is seriously and comically doubted even by those who practice it.

Now, let us look at this difficulty for a little while from Nature's point of view. The whole trouble in apoplexy is with the blood, either its impurity or its unequal distribution. How then can the retarding of circula-

tion by the ice-bag, or the injection of poisons, be of any avail? Certainly these methods do not appeal to reason, and decades of practice have only served to demonstrate their utter futility. Instead of retarding circulation in the head by the ice-bag, we should endeavor to ease the congestion in the brain by drawing the surplus blood away from it to those limbs that feel quite cold for want of blood. This is done by prompt and judicious Water Applications to the cold limbs. Such measures relieve the head, obviate blood-letting, and prevent loss of blood.

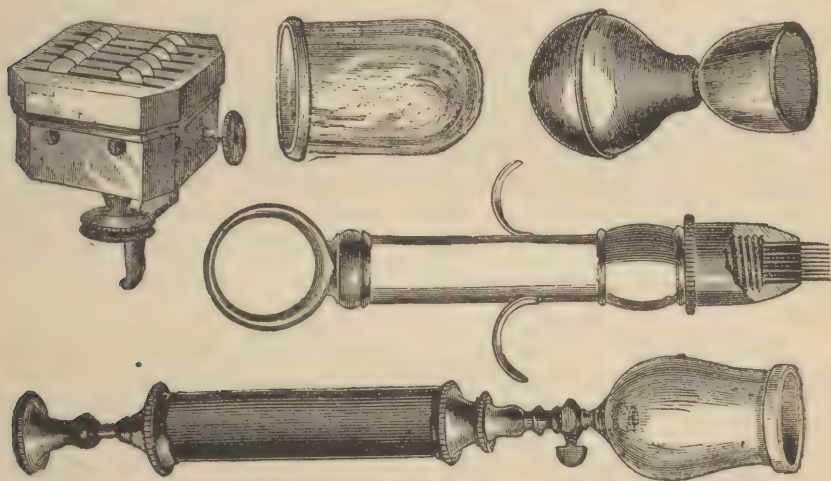


FIG. 103.—Some tools, the surgeons use in taking blood from their patients. No one has too much blood; nor is the dark venous blood "bad" blood. If in any person the composition of the black blood is abnormal, then the bright blood is so likewise. The dark color does not signify that the blood is bad. The bright and dark blood change continuously from one into the other. To withdraw blood means to take so much life away, and it always does harm. It is only the most ignorant people that resort to it. We know of no instance where such a measure could ever become necessary. Nothing is easier than to relieve the congestion in any organ, by means of water applications and the regulation of the liquid ingesta.

Rather than give its sole attention to one phase of the disease while allowing another to progress unchecked, Water Cure takes immediate steps toward ultimate relief; and because they are in direct accordance with Nature's methods, there is no need for injurious delay or doubtful experiment. Every detail of the Water Cure treatment is carried out with a view to the purification and uniform distribution of the blood, and the consequent certain increase of vitality; hence there *can* be no conflict between the several measures resorted to by us. (Fig. 103.)

For want of an efficient diagnosis, the medical people are unable to fore-see and prevent the primary attack, and are quite as unable to avoid subsequent attacks, which usually terminate fatally. These attacks do not by any means come on *without* warning, as the drug schools maintain. According to our Facial Diagnosis,* the premonitory symptoms of these attacks could have been recognized years in advance, and the attacks prevented. But even after the disease is once established, Water Cure can positively guard against subsequent attacks; and partial paralysis should *never* follow an attack of this malady. If it does, it may be questioned whose brain is defective,—that of the drugging physician, or that of the victim. If the disease, in its initial stages, be properly treated by natural means, the patient should fully recover, and be capable of attending to his business affairs in the old way. If he is unable to do so under the drug treatment, it is largely on account of the perverse, sloppy diet, which the medical people prescribe, and which soon must add "Dyspepsia" to the already existing troubles. Why do they not prohibit "alcohol" entirely? What they mean by their direction that the patient should avoid an "undue" use of alcohol, considering that each drop is poison,—is a riddle that defies our penetration.

There are divers forms of disease,—generally known as *Contagious Diseases*. The following notes are taken from standard medical works.

"It is now generally accepted, that the contagion of infectious fevers is due to the transference from the sick to the *healthy* (?) of actual particles which are excessively minute living organisms. The virus, or the microorganisms, enters the system by the lungs (in scarlet fever, typhus, smallpox); the alimentary canal [in enteric (or typhoid) fever, cholera]; the generative mucous membranes (in gonorrhœa, syphilis); or by abrasion of the skin (in syphilis and hydrophobia). The entry of the virus is followed by a period of incubation, during which no changes are manifest, and which varies from two or three to twenty-five days,—being generally fairly constant for each particular disease. At the end of this period, the acute symptoms of disturbed health appear. The duration of a specific disease is often strictly limited. Thus *typhus*, *scarlatina* (*scarlet fever*), *measles*, *smallpox*, and *vaccinia* (cowpox) have all a definite duration. (I class). In others, as *syphilis*, leprosy and tubercle (consumption) (II class), the infection may be *lifelong*. *How this termination of the infection* (of the first class) *is brought about is not clearly proven*. It is

* Louis Kuhne's Facial Diagnosis, translated and with notes by A. F. Reinhold, Ph.D., M.D., 60 Lex. Ave., N. Y. City. Price \$2.

a fact observed every day, that of a number of persons exposed to the contagion of a particular disease, only a certain number will catch the illness; *the rest will escape, even though they are not protected by the acquired immunity* (by vaccination). Little that is positive can be stated as to the susceptibility to contagion." We also read in medical books that little is known of the origin of *Measles*; that it may be communicated; and that it is frequently followed by bronchitis, pneumonia, inflammation of the throat, of the inner ear (followed by perforation of the eardrum), of the eyes, and of the bowels; developing into—ulceration, tuberculosis, gangrene and other diseases. Microörganisms are said to be the cause of *scarlet fever*. Medical men say: "No means are known by which an attack of scarlet fever can be cut short, and in the most severe form of the disease, *no treatment is likely to avert a fatal issue*." Blindness, deafness, deaf-mutism, Bright's disease, paralysis, abscess of the brain, dropsy, pneumonia, and other troubles, often result from scarlet fever, under the *drug system*. *Typhoid fever*, we learn, is an infectious disease; its cause is next to unknown. It may be complicated with other forms; for instance, with peritonitis, (which is a frequent cause of death) or perforation of the bowels may set in, with fatal results; or pneumonia, brain fever, affections of the eyes and ears, dropsy, tuberculosis, etc., may result from treating it medically. In reference to *Cholera*, we read: "It has been the general practice to treat with opiates and astringents. But these are of little effect in the pronounced stages of the disease, and excessive medication in any form may do harm. Even stimulants must be given in small quantities and with caution. The introvenous injection of saline solutions has appeared to do good in some cases of profound collapse, but the improvement is generally of very short duration, and many regard the practice as useless." Regarding *Smallpox* we learn that an abundance of milk and beef tea should be given. "Many attempts have been made to prevent the scarring or pitting which causes so much disfigurement after a severe attack. Painting the face with iodine, evacuation of the vesicles, and touching with a point of solid silver nitrate, anointing with oil, or carbolized oil, have been recommended; but it is doubtful whether any of these processes is to be relied upon." So much for quotations.

We have heard that, in all infectious diseases, microörganisms are transferred from the sick to the healthy, and thus introduce the disease in the latter. *This statement we must emphatically deny*. We do not deny that when any person exposes himself to contagion, germs may be transferred to him; but they can only develop in a person who, in our opinion

is already sick ; that is whose body contains latent deposits of foreign matter. The microbes feed on these deposits, multiply and decompose the deposit ; thus producing the acute symptoms of fever. *A healthy person, who has no such encumbrance in his body, is immune to contagion, because the microbes find nothing to live on.*

This is a clear proof that *our drug people cannot even distinguish between a healthy and an unhealthy person ; and that they are mistaken in their idea that a healthy person can contract any infectious disease.*

If a person has contracted any such disease, or if he wishes to acquire thorough immunity, let him purge his system ; and not wait until the impetus for the cleansing process comes in the form of some affliction. But at any rate, *as by these infectious forms of disease the latent solid deposits of disease are liquefied and removed from the body,* we should not dread them so much. *They are a healing process ; and if properly managed by hygienic means, are devoid of danger, and produce no disastrous consequences.*

But we cannot wonder at the poor success of our drug poisoners, as they do not know the nature of the phenomenon. The first cause consists of deposits in the body of the person who takes the contagion. Then the drug advocates take the curative symptoms,—the fever, and the eruptions—for the true disease, and by driving the poison back into the system they cause blindness, deafness, and similar frightful results.

We may safely predict that as soon as our healers shall have learned the true nature of infection, and treat disease intelligently, half of the chronic cases of disease will be wiped out of existence, and half of our asylums for the blind and deaf will be closed.

What unspeakable misery is entailed by suppressing gonorrhœa. If done by means of injections, it frequently causes *stricture* ; and to what misery this condition leads is best known to the many thousand victims of perverse medical treatment who suffer from it. Furthermore, frightful ravages are made alike by *syphilis*, and the *mercury* prescribed for it. Syphilis is the result of excesses and uncleanness. It can be cured only by cleansing every fibre of the body. Drug Physicians by treating merely the *effects* of the sin, can accomplish nothing. Under a natural regime impure desires would be impossible. It is pitiful to see how powerless the drug schools are against these forms of disease. Any portion or portions of the body may be destroyed by either the one or the other, at any period after the infection. And yet nothing is more simple, prompt, and rapid than curing radically both gonorrhœa and syphilis by hygienic means.

The first class of contagious diseases is also called by drug physicians "*self-limiting*" diseases, because, if once established, they run their

course, no matter what poisons are prescribed by the drug venders. But it is entirely different, when natural measures are used. This treatment does not recognize their periodicity.

As to *scarlet fever*, no person versed in the natural method of cure who studies the directions given by medical men, can wonder at the fatal issues of this disease under the drug system.

Water Cure attacks and abridges any of the contagious diseases at any period of development; and in cases of scarlet fever and measles, *a thorough cure can be effected in a few hours or days*. So called *sequellæ or after-diseases never occur, if a case is treated by Water Cure*. The same remarks hold good in regard to *Whooping-cough* and *Diphtheria*.

That these favorable results are not imaginary, will be obvious to any one who will but think a little on the subject.

Prior to the infection, the body of the patient is charged with foreign matter. All this corrupt material becomes alive with organisms, as it were, which liquefy the foul matter. The bacilli only live and develop in abnormally high temperature. By lowering the temperature of the body, we have it in our power to check their development. As far as we, the pupils of Nature are concerned, we do not want to kill the *microbes*, as the drug physicians do, because we know that *they are doing us a great service by liquefying the solid deposits*. And then, by means of our steam-baths and packs, we open the pores, and so allow the loosened matter to escape; and by means of cold sitz-baths, and other measures, we eliminate the poison by way of the bowels and kidneys. As we also insist on pure air, you will understand that by our treatment, all the depurating organs, the lungs, bowels, and skin, are made to coöperate in the cleansing process. Furthermore, as our dietetic directions are not made on vague conjectures, (as is the case with the drug peddlers), but with a thorough understanding of the subject, you will see that cases of contagion are trifling matters in the hands of hydrotherapists.

From the quotations we have given above it is seen that drug physicians concede that syphilis, leprosy, and tubercle may last a life-time. This is true under *their* treatment, but not under ours. *They* cannot understand why a contagious disease, when once contracted, can *ever* come to a termination. We are confident that any of our readers could tell them: As soon as the amount of foreign matter is exhausted, and the system of the patient is thoroughly purged, the microbes, finding no more food, have to take their leave. This is the whole secret.

The drug profession fails to understand why some persons will contract a disease, for instance smallpox, while others escape, even if they are not vac-

minated. But if these make-believe healers would consider that the bodies of some people contain more impurities than those of others, and that the microbes are merely scavengers, and only develop where they find favorable soil, they would realize why *the less encumbered escape, and the charged ones take the disease.*

And by means of Facial Diagnosis,* we can discriminate between the two classes in advance. *If the drug fraternity understood this cause of contagion, they would discontinue the poisoning of people by vaccination.*

As we saw "Under Loss of Health," many enlightened physicians condemn the idea of trying to secure immunity by instilling poisons into one's system. Their endeavor to prevent the spreading of contagion is unquestionably laudable; but the methods which they employ appear to us childish and far from rational. Louis Kuhne writes on this subject:

" . . . in particular, the so-called protective vaccination for the prevention of smallpox which operates to poison the whole human race, and the effects of which often only appear from 20 to 40 years later, for which reason they have quite escaped the notice of the modern (drug) schools. Should many object, that since vaccination we have had no more smallpox epidemics, this is only partially true, because the latter recur annually on a smaller scale in the form of scarlet fever, measles, and chickenpox; and, on the other hand, the vital powers of the body are so permanently weakened by vaccination, that it can no longer react in such energetic sanitary crises as the smallpox, for, in order to occasion these, the undiminished vital power of the body is requisite. The consequence of vaccination for smallpox is, that the morbid matter long slumbering hereditary in the human race, now no longer exhibits itself in smallpox epidemics, but in far more disgusting, lingering, incurable diseases like tuberculosis, cancer, syphilis, epilepsy, and mental disorders." (Fig. 104.)

If a person wishes to escape from an infectious disease, let him cleanse his body by means of proper diet and Water Cure processes. Instead of closing our ports against the importation of infection, and isolating the cases, it would be far more rational to instruct the public as to the real cause of infection, and to urge them to undertake a thorough cleansing not only of their houses, but, principally of their bodies. This would produce a healthy race, as immune to any contagion as are the wild beasts.

* See L. Kuhne's "Facial Diagnosis." Translated and with notes by Aug. F. Reinhold, Ph.D., M.D., 60 Lex. Ave., N. Y. City. Price \$2.00.

Scarlet fever, measles, typhoid fever, and all others, of whose origin the drug would-be-scientists confess to know almost nothing, originate in latent deposits of foreign matter. As we have said before, when these deposits are absent, the germs of infection will not develop. Therefore, parents who really wish to keep their children free from disease, and others who are wise enough to take precautions to prevent future suffering, remember once for all, that every ailment can easily be cured, as well as prevented by cleansing the system; and that then it is utterly impossible for "after-diseases" to follow. But if you doubt the efficiency of Natural Methods, go to the drug peddlers, take their poisons, and then suffer from the sequellæ to your hearts' content.



FIG. 104.—*Eczema, the result of Compulsory Vaccination.*

Our quotation regarding cholera shows the vague, uncertain, experimental method of the drug system. The "milk" and "beef tea" recommended by drug doctors for smallpox would be the very last things we would suggest. As we have seen, the drug schools have tried many remedies for the prevention of "pitting" in this disease; but all have been unsuccessful. Under our treatment, it is avoided eo ipso, without any extra attention. Where the pits are afterward liable to form, there appear a kind of berries, "pocks" or papules, which cause a most unendurable itching sensation; if these are scratched the pits will form. But if the skin be opened by proper baths, it will not itch. So there will be no scratching, and no disfiguring marks will remain.

We give the following note from a medical work in reference to the treatment of *typhoid fever*. "For some years a method of treatment has

been practiced (the Water Cure), which aims at improving the chances of the patient, and reducing the liability to complications. . . . The influence of a single bath upon the immediate condition of the patient is generally most pronounced. Headaches, delirium, stupor, and thirst, are at once diminished; the tongue becomes clear, the pulse slower and firmer. When the system (of Water Cure) is carried out thoroughly by frequent baths at low temperature, *the mortality has been markedly reduced. Its effect upon complications is also marked.*"

Now if the representatives of the drug system themselves concede this much regarding the curative virtue of clear water in the case of *one* contagious disease, we fail to understand why they do not try it in all. As all forms of diseases have but one common cause, *viz.*: impurities in the system, it ought to be evident to them that we need but one remedy to cure all forms of disease. We need a remedy that will clear the system of its impurities, and Water is here the potent agent,—all-powerful, because the body itself consists of almost 80 per cent. of water.

Many people suffer with *sore eyes*, or *discharges from the ears, nose, urethra, vagina, etc.* The drug profession, unacquainted as it still is with the true cause of all diseases, cannot account for these discharges. We know that it is the foul matter thrown out of the system, and that it is a healing process. The medical empiricists, having a vague idea that discharges are abnormal, and are not found in a healthy body, try to *suppress* them by any means they can think of; but by thus locking the poison up in the system, the greatest evils must and will be produced, for instance, blindness and deafness. We agree with these physicians, that discharges from any of the mucous membranes mentioned are unnatural, and that they should be stopped; *not, however, by thrusting back the poison into one's system; but rather by drawing it all out. Then the local irritations will cease of themselves.*

Any phenomenon is but a link in an uninterrupted chain of causes and effects. Hence, when a case of "sore eyes" is submitted to a physician, he should first inquire into the successive causes that led up to the trouble. On doing so, he would find a perverse mode of living to be the primary cause: that thereby impure matter was introduced into the system. The harm arising from this, was largely obviated as long as the natural depurating organs worked properly; and it is only after the impure matter is deprived of this outlet by way of the secreting organs, that it is forced out from unnatural places. Understanding this, could there be anything more simple than to find the only natural mode of cure? We regulate the diet in the first place, and then open up the natural

organs for secretion. This is all that is required, under which simple treatment, the old and stubborn trouble will disappear as if by magic. The inflamed parts require scarcely any special attention outside of a little cooling perhaps with plain, cold water. The drug practitioners, on the contrary, rarely or never think of the cause; they concentrate their puerile efforts in suppressing the secretions by means of poisonous salves and lotions, applied locally. As under their treatment, the patient continues to live perversely, and as the thoughtless physician rarely inquires into the conditions of the bowels and kidneys—the skin is never thought of at all by him—it is plain that under such circumstances, the discharges from the eyes can never stop. On the contrary, as the salves irritate the delicate membranes of the eyes still more, the tendency to make them artificial depurators will rather increase, a tendency which very frequently ends in total blindness. Any one who has lost his precious eye-sight in that way, knows now whom he has to thank for his terrible affliction—the greatly worshipped specialists. (Figs. 105–107.)



FIG. 105.—*One of the Useless Operations on the Eye; could have been Avoided, and the Eye saved by Water Cure.*

The countless instruments for the cutting, tearing, lacerating, burning, etc., of the human body, are the pride of the drug profession, but can all be dispensed with when Water and Common Sense are used. Common sense, however, we can hardly expect to find in people who attempt to make patients well by poisoning them.

We know that the matter escaping, is corrupt, and that the sooner and more thoroughly the body is freed from this encumbrance, the better it will be for its general welfare. By regulating the diet, on the one hand, and by drawing off the impurities by way of the proper organs, on the other, the amount of foul matter is gradually exhausted, and the secretion has to stop of its own accord.

The utter short-sightedness of the routine physician, is shown in still other ways. The manner in which he regards such an evidence of disease as the running of a child's ear, for instance. In such a case he covers his

ignorance or incompetency by the meagre consolation, that the child *may* outgrow it. Or if a woman's face is covered with pimples that defy his skill to remove, he advises her to marry. He does not know, or does not care, that, though in this way the trouble may disappear, it is by no means cured, but carried on to the injury of future generations. (FIG. 108.)



FIG. 106.—*Glass Eyes.*

These beautiful makeshifts are the final outcome of medical ignorance.

Wild beasts have no need of them; their eye-sight is perfect as long as they breathe. People, who apply to a hydrotherapist, as soon as their eyes trouble them, never have their eyes gouged out and replaced by glass ones.



FIG. 107.—*Operations on the Eye.*

Familiar sights about ophthalmic hospitals and clinics. The eye being an organ of the body, becomes diseased in the same way as any other organ, *i. e.*, by a corrupt state of the blood brought on by perverse living. Our great oculists never think of the perverse food; by cauterizing the eye, they draw more and more impurity towards that delicate organ, till finally in their helplessness they have recourse to the knife. Diseases of the eye, when fresh, are readily overcome by Water Cure; and this method is a positive preventive of blindness.

In connection with the subject, and in order to give more proof of the wonderful power of our simple, but rational process, we insert the following notes of some of our cases ;



FIG. 168. *Medical Makeshifts for Deafness.* Deafness is caused by deposits of matter foreign to a healthy body. Its accumulation may be very gradual, or rapid and accompanied by pain. Drug physicians suppress this pain by injections into the ear. Pain disappears thereby, not because the foul matter has been removed, but because the nerves have been killed by the injection. Then more and more matter collects, till deafness is established. Then ear-trumpets are prescribed, being make-shifts at best and a great nuisance. Before a patient is affected in the ears or eyes, the entire system is charged with corrupt matter on account of perverse living.

Mr. S. suffered with Dyspepsia, catarrh of stomach, foul breath, Piles (for 20 years, large, external, operation was proposed), coughs, eyes injected, pupils inactive, pain in kidneys, breast and shoulders; very nervous and irritable; dreams, exciting; numb, cold, tingling pain in arms and legs, one nostril closed, slept with mouth open; double rupture of 30 years standing; loss of knee-jerk, staggering gait; hesitation of

speech, etc. Five months Water Treatment made a new man of him. One of the hernias closed altogether, the other reduced during that time.

Mrs. S., wife of the former, suffered with congestion and neuralgia of the Ovaries for nine years; offensive Leucorrhœa, Piles, Asthma, Nervous Prostration, rheumatism, cold limbs, constipation. Operations for both the Ovaries and Hernia were proposed. Both patients had been treated by Prof. Wm. De Gamo, M.D. Mrs. V. made fine progress; after 3 weeks Water Cure, the hernia did not come out (had been large, double, of 20 years standing), and soon she joined her friends again at receptions and social gatherings.

Mrs. R. T. V., 38 years of age, suffered from scanty menstruation, (always lasting a week), leucorrhœa, headache etc., for ten years; sleep was broken; she was nervous, and constipated, and every month a lining of the womb came away. She had been under medical treatment for 6 years; also treated for a cancer; had much electric treatment, and many specialists; was 3 weeks in the N. Y. Woman's Hospital, where they wanted to remove the ovaries, which were congested and enlarged, while the uterus was contracted. *Plain Water Applications cured all her ailments in one month. As every ailment comes from impurities in the body, induced by a perverse regime, it is plain that it makes no difference under the Water Cure Treatment, whether the patient suffers from one or a dozen forms of disease. They all go away at the same time. (FIG. 109.)*

Excesses in venery, by prematurely exhausting the stock of a person's vital power, are the primary causes of many of the most dreaded forms of disease; such as consumption, paralysis, epilepsy, impotence, insanity etc. Heating diet, such as meats, and spices, together with alcoholic drinks, arouses sexual desires unnaturally, even in young children; instigating them to *secret practices* which afford them relief, and of the frightful consequences of which they have no conception. Civilized races seem to have lost all understanding of the purpose of this wonderful function of nature. Marriage is usually looked upon as a license to boundless indulgence, and if medical folks are appealed to for help by young innocent people, who are averse to resorting to the ordinary methods, they pollute the pure mind of the latter by their cynic suggestions, and by making them look upon *promiscuous intercourse* as a healthy institution. But how are all the many million cases of sexual diseases contracted? In no other way than by this indiscriminate intermingling. When any young persons appeal to us, we urge them earnestly to save their chastity; to remain as pure as they would like their partners in life to be. Their morbid desires are easily controlled by an abstemious diet and a mode of treatment which will purge their systems of all abnormal matter. (FIG. 110.)

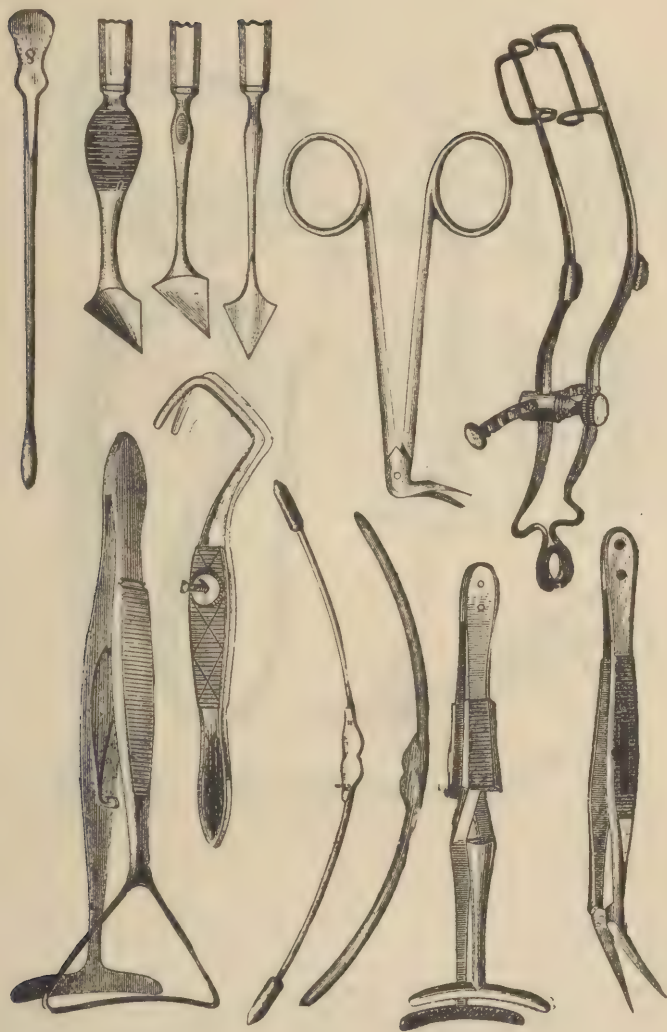


FIG. 109. *Instruments for operating on the eye.* As troubles of the eyes never arise in a sound body, being the final result of a degenerated system, they are avoided or cured by Water Treatment which cleanses the entire system. No operations are necessary save in a few exceptional cases of inherited malformation.



FIG. 110. *Acoustic Implements.* Before a person becomes hard of hearing or deaf, there are usually periods of acute ear-ache, indicating an inflammatory condition, caused by impure matter. In cleansing the entire system by Water Cure processes, we effect a fundamental cure. If instead, people apply to drug specialists, the ear is treated locally; the inflammation is suppressed by pain-killing injections that deaden the nerves. The corrupt matter remains, accumulates, and obstructs the passages etc., causing first hardness of hearing and then total deafness. Our highly esteemed specialists are themselves the cause of blindness and deafness, directly or indirectly. Indirectly, by not instructing people as to proper living; directly, by their irrational treatment.

The above instruments are some of the inefficient methods of the cutting fraternity to overcome difficulties in hearing. We contend that these instruments are better calculated to make people deaf than to make them hear well.

We consider it a rather hopeless enterprise to endeavor to eradicate the "*Social Evil*," by means of prayer and preaching. It arises from a morbid condition caused by impurities in the body; they are deposited there in consequence of a wrong diet and perverse regime. Cleanse your system, and no persuasion is required. If the body is free of deposits, the mind will be free of any erotic desires. As long as most women are so bashful in public that they are ashamed to expose the tips of their boots, but abandon themselves to unrestricted lust in private, matters will not improve. *People must expose more of their bodies to the air and sun, in public, and there will be much less licentiousness in private; both are in reverse ratio.*

To remain pure and chaste, and to persevere in one's continence, becomes easy if we abstain from all unnatural foods. We should also live much in the open air, exercise, keep ourselves cool in dress and dwelling, purge our system from all impurities, and let our minds dwell on the example of noble people and high ideals. In this way alone, we can preserve our morals unpolluted, and then the health of neither parent nor child will be shattered. But presumably it requires the training of centuries to attain this end and raise a stock healthy in body and mind.

DRUGS DO NOT CURE.

CHAPTER 23.



HERE are several peculiarities about *Medicine*. The most prominent one is the fact that *there are about half a dozen different systems*. The respective representatives of these consider their system the best, and reject the others as false. The two leading schools are the *Allopaths* and *Homeopaths*, based on totally different and opposing principles. The Allopathic School maintains that such drugs must be given as will

produce in a patient, symptoms the reverse of those from which he is suffering. The Homeopathic School insists that "Like cures Like," and gives drugs that will produce similar symptoms in the patient.

Now, however prejudiced a person may be, or however dull his comprehension, he cannot maintain that BOTH of these ideas are correct; and yet, both schools are licensed by law; each is legally permitted to commit murder.

R. T. Trall says in speaking of these two great schools: "Our friends, the Homeopaths, treat the gravest forms of disease with *almost* no medicine at all. They come as near to non-entity as possible, and miss it. Their remedies, when prescribed Hahnemannically, may be represented for all practical purposes by the formulæ of the solution of the shadow of a shade of nothing at all, to begin with. One Allopathic dose of magnesia or cod-liver oil, diffused through a body of water which would fill all of the ethereal space from the earth's surface to the farthest star within the reach of telescopic vision, and one millionth part of a drop of this vast expanse of fluid for a dose, would not exaggerate the idea of the 'pathogenic' potency of the infinitesimal pharmacology, however much it might transcend the grasp of the human imagination. And are not the Homeopaths quite as successful as are their rivals, the Allopaths, in the treat-

ment of disease? Let their rapidly increasing numbers, and their employment in the families of so many thousands of the wealthy and intelligent, answer. This is not because the people *believe* in Homeopathy *more*, but because they *fear* it *less*. The Homeopaths of New York have been offering, for years, to go into the public hospitals, and treat all manner of diseases side by side with Allopathy, as a test experiment of the relative value of the two systems. But they are not permitted to do so. Allopathy has all the power in its own hands. It is incorporated, as it were, into the national, State, and municipal governments, and it stands on its advantages, and says: 'Let us have no dangerous experiments. The dignity of the profession will not permit us to countenance any irregular system, nor to encourage quackery in any shape.' Did dignity ever cure anybody? Does Allopathy, in refusing this fair offer, fear for the dear people, or does it fear for itself?'

This was written some thirty years ago. In the meantime, Homeopathy has gained wide recognition, and other systems of drug medicine have been equally successful. But the hygienic methods are still the despised Cinderella. A bad sign for our age which prides itself on its scientific advancement and erudition. Children often amuse themselves by swallowing whole boxes full of homeopathic drugs, without any apparent effect. This school does some good indirectly, in the very same way that the Christian Scientists effect their cures, *viz.* : by keeping allopathists from doing harm. But there is harm in the homeopathic system, too, for it countenances the idea that cures can be effected by drugs, and are not solely the result of inherent vital power; they aid in deceiving people, and in keeping them from resorting to rational methods.

Medicines have a double effect; a temporary and a lasting one. The *momentary* effect consists in subduing pain by stifling the nerves; the patient is thereby deceived and imagines himself cured. The *lasting* effect consists in the harm done by the introduction of poisons which will sooner or later work their fatal issue. The near-sighted drug practitioner, so to speak, never gives the after-effect a moment's thought. Childlike, he only beholds what is before him; he is blind to any future effects of his misdeeds.

The tongue has been given us to be a guardian for the stomach; nothing should be allowed to enter the stomach unless approved of by the taste. With man's natural food, in its natural condition, our taste is unerring; and we may follow its instincts implicitly. The drug people, overlooking the purposes of the tongue, actually *cheat nature by introducing their nasty stuff enclosed in capsules*, so that the taste may not

object. Nevertheless, the poisonous matter, thus forced upon the stomach and system, works destruction, to which sick humanity testifies.

We know that drugs, being poisons, when introduced into the system of a healthy person, will cause abnormal symptoms,—a disease has been produced. The same poisons, when administered to a sick person, will cause the symptoms already produced to be modified. This difference in their action is the sole reason on which the drug people base their claim to prescribe their fatal poisons. Not only do the poisons act on the body; but the body acts on the poisons in trying to get rid of them.

A poison taken by way of the mouth, has to run the gauntlet of the divers assimilating and depurating organs. Suppose a thoroughly healthy person should take some chewing tobacco: as soon as the nicotine acts on the stomach, this organ, scenting an unwelcome intruder, reacts by throwing out the nicotine in an explosive vomiting. The healthy stomach thus prevents the poison from penetrating further into the system. On the other hand, if nicotine be sent into the stomach of a *sick* person, the organ will not have the power to throw it out. The poison will pass on to the next depurating organ, and if this be strong enough, elimination will then take place. If the second organ be weak, the poison will proceed to the others, all the while doing its disastrous work. On this very principle all drugs act. Now, *to say, that, since the symptoms produced by the same drug, in healthy and sick persons are different, drugs must be beneficial, is the reasoning of a mind utterly devoid of logic.*

For further elucidation, we may be permitted to quote from R. T. Trall as follows: "Medical men have arranged and classified their *materia medica*; as *emetics*, which act on the stomach; *purgatives*, which act on the bowels; *diaphoretics*, which act on the skin; *diuretics*, which act on the kidneys; *expectorants*, which act on the lungs; *cholagogues*, which act on the liver; *stimulants*, which act on the blood-vessels; *tonics*, which act on the muscular fibres; *narcotics*, which act on the brain, etc. All this seems very plausible, but there is no truth in it.

"The living system acts on drugs, medicines, poisons, impurities, effete matters, miasma, contagious infections—on everything not useful or usable in the organic domain—to resist them; to expel them; to get rid of them; to purify itself of their presence through the channel or outlet best adapted to the purpose under the circumstances.

"And herein is the explanation of the classes of medicines; the rationale of the action of medicines, which has so puzzled the brains of medical philosophers in all ages.

"Emetics do not act on the stomach, but are ejected by the stomach. Purgatives do not act on the bowels, but are expelled through the bowels. Diaphoretics, instead of acting on the skin, are sent off in that direction. Diuretics do not act on the kidneys, but the poisonous drugs are got rid of through that emunctory, etc."

The following is a note from one of the countless drug manufacturers that swamp the medical market with their poisonous preparations:

"DEAR DOCTOR:

"We forward with enclosed pamphlet a sample of Peptenzyme Tablets for trial. Peptenzyme is indicated in all forms of digestive disorders, but we particularly request that you give it a *trial* in vomiting in pregnancy. We are convinced by the reports we have received from a large number of physicians that it will produce better results in this distressing affection than any other medication."

We see, instead of inquiring into the *cause* of this vomiting, instead of determining if it is a sanitary process, the suppression of which would be harmful, the medical people follow their usual routine in this instance also, regardless alike whether they injure the mother or blight the budding life under her heart.

If medicines are taken, did ever a medical person inquire what becomes of them? Whether they are entirely or only partially secreted? What becomes of the part retained? How do they act on living tissues? What is the chemical composition of the various unhealthy secretions of boils, etc.?

To our knowledge, most of these questions have never been made the subject of investigation, and hence the method of administering drugs is a random way of dealing with abnormal conditions.

Our organs are few; we have only one nervous system, one of circulation, one muscular system, etc.; they all are built up from the blood, and hence one, or a few remedies should be sufficient for all ailments. Looked at from this point, it is open to question and consideration, whether it is not the drug schools with their countless thousands of ineffectual poisons which deserves contempt, rather than our simple and effective methods.

Let us see how Medical Science cures (?). There is no drug able to overcome a trifling catarrh in the head; and as most forms of sickness commence with colds it is obvious that medicine is incapable of ridding us of them. The way in which drugs cure (?) becomes apparent from the way in which they act in a case of *rheumatism*. A person is affected with an acute attack of this ailment, which may have settled in the knee. We

know that this sickness is produced by certain impurities in the blood. The drug people prescribe some of their famous specifics, and succeed in dislodging the deposit from the knee. The pain goes; the physician boasts of his skill, and the patient believes himself cured; but, as the drug does not expel the impurities from the blood and as drugs rather increase the amount of corrupt matters, the rheumatism will soon reappear. This time,



NERVOUS SYSTEM.

FIG. III.—*Nervous System.*

We have but one muscular system, one system of blood circulation and one nervous system. A burn on the hand or foot, affects the entire system. If in any part of the body abnormal conditions develop, *i. e.*, an ulcer or cancer, it is a sign that the whole blood and system are abnormal. Such being the case, cleansing applications must be applied to the whole body. To treat the trouble locally as our admired specialists do, increases the irritation of the sore and makes it worse by drawing more impurities to the part afflicted. From this consideration it should be apparent to a child that the idea on which specialism is based has no foundation whatever.

not one, but several specifics together are prescribed, and so on, till the prescription contains as many as half a dozen of the most renowned specifics. But as relief is no longer obtained, morphine and strychnine are resorted to until paralysis, which, sooner or later, is the direct and inevitable result of such a course of treatment, renders the patient more or less of a cripple for the remainder of his life, and he is considered a martyr under the *stroke* of some mysterious "dispensation of Providence"; whereas, in reality, he is the victim of his own folly and another man's stupidity. (Fig. III.)

Paralysis, in many cases has to be looked upon as uncured and mis-managed rheumatism. The first rheumatic attack lasts a few days; the next one extends to a month or so; the following one lays the poor sufferer up for several months; finally paralysis sets in and continues, till the unfortunate victim of medical science (!) is relieved by death. In a similar manner, other ailments are *cured* (!) by drugs.

Now, many of our readers know from their own experience, that after they have failed to obtain relief from one drug doctor, they apply to another who will no doubt *criticise the former treatment as having been per-verse*. This shows us in what esteem the drug prescribers hold one another, and should teach us in what light to look at them.

Then again, *if a physician is ill, he does not prescribe for himself, but sends for some colleague*. The other day, a representative of the drug system, 70 years of age, called on us for treatment. Hearing our terms, he said that treatment between physicians was mutually complimentary, but *as the author would never need the advice of another person*, he could hardly expect to be treated gratis. You see, there is a vast difference between the drug and the natural system. The drug dispensers, not relying on their own knowledge, apply to some one else; the Pupil of Nature, though he may never have seen the inside of a medical college, by simply following the dictates of common sense, is always able to take care of himself. In the first place, he cannot become sick if he follows his own rules; but if any harm should befall him, he knows at once what to do.

Then again, the *more experience* a physician gathers, the *less confidence* he will put in his *drugs*, and the *more in hygiene*.

LET US HEAR WHY YOU SHOULD NOT BE POISONED WHEN SICK.*

"Because 'Three-fourths of mankind are killed by medicine and prescriptions.'—Dr. Titus, Councilor at the Court of Dresden.

* Brief extracts from volumes that have been written by the most celebrated medical practitioners.

" Because ' Wherever you see an allopathic doctor getting fat you see his neighbors getting ready for heaven. Whenever you see an allopathic doctor doing a large practice, with few exceptions, you see by his side a happy undertaker,'—Dr. R. C. Flower, Boston.

" Because ' The stolid bigotry which will not be enlightened and will not investigate is responsible for many millions of deaths. The great majority of all remedies have come into popular use before being recognized by colleges. The gigantic errors of the medical profession need vigorous criticism by those who are not afraid to speak.'—Joseph Rhodes Buchanan, M.D.

" Because ' The only medicine for suffering, crime, and all the other woes of mankind, is wisdom. If anyone is interested in the laws of health, it is the poor workman, whose strength is wasted by ill-prepared (and ill-selected) food, whose health is sapped by bad ventilation and bad drainage, and half whose children are massacred by disorders which might be prevented.'—The late Thomas H. Huxley.

" Because ' I have for some years passed been compelled, by facts which are constantly coming before me, to accept the conclusion that more mischief in the form of impaired vigor, and of shortened life, accrues to civilized man from erroneous habits in eating than from the habitual use of alcoholic drink, considerable as I know that to be.'—Sir H. Thompson, F.R.C.S.

" Because ' Long life and healthy life are, in a great measure, in the hands of us all, and the deviations from health that we bring upon ourselves are, if remedial, more correctly so by dietetic means than by medicines. The former may be permanent cures, the latter are but palliatives.'—Dr. Nathaniel Edward York-Davies.

" Because ' The normal period of human life is about one hundred and ten years, and seven out of ten average people could live that long if they lived in the right way.'—Sir Benjamin Ward Richardson, M.D.

" Professor Alexander H. Stevens, M. D., of the New York College of Physicians and Surgeons, says: ' The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of Nature.' Again, ' Notwithstanding all our boasted improvements, patients suffer as much as they did forty years ago.' And again: ' The reason medicine has advanced so slowly, is because physicians have studied the writings of their predecessors, instead of Nature.'

" Professor Jos. M. Smith, M.D., testifies: ' All medicines which enter the circulation, *poison the blood* in the same manner as do the poisons

that produce disease.' Again: 'Drugs do not cure disease; disease is always cured by the *vis medicatrix nature*.' And again: 'Digitalis has *hurried thousands to the grave*.' And yet again: 'Prussic acid was once extensively used in the treatment of consumption, both in Europe and America; but its reputation is now lost. Thousands of patients were treated with it, but *not a case was benefited*. On the contrary, *hundreds were hurried to the grave*.'

'Says Professor C. A. Gilman, M.D.: 'Many of the chronic diseases of adults are caused by *maltreatment* of infantile diseases.' And again: 'The application of opium to the true skin of an infant is very likely to *produce death*.' And yet again: 'A single drop of laudanum will often *destroy the life* of an infant.' And once more: 'Four grains of calomel will often *kill an adult*.' And, finally: 'A mild mercurial course, and *mildly cutting a man's throat*, are synonymous terms.'

'Professor Alonzo Clark, M.D.: 'From thirty to sixty grains of calomel have been given very young children for croup.' Again: 'Apoplectic patients who are *not bled*, have double the chance to recover than those have who are bled.' And again: 'Physicians have learned that *more harm than good* has been done by the use of drugs in the treatment of measles, scarletina, and other self-limited diseases.' Once more: 'Ten thousand times ten thousand methods have been tried, *in vain*, to cure diabetes.' Still another: 'In the zeal to do good, physicians have done much harm. They have *hurried many to the grave* who would have recovered if left to nature.' And, finally: 'All our curative agents (so-called) are poisons; and, as a consequence, *every dose diminishes the patient's vitality*.'

'Says Professor W. Parker, M.D., of the same school: * * * 'The pains of which patients with secondary and tertiary syphilis complain are not referable to the syphilitic poison, but to the *mercury* with which they have been drugged.' And, 'of all sciences, medicine is the most uncertain.'

'Says Professor Horace Green, M.D.: 'The confidence you have in medicine will be dissipated by experience in treating diseases.' Again: 'Cod liver oil has *no curative power* in tuberculosis' (*i. e.*, consumption.)

'Says Professor H. G. Cox, M.D.: 'There is much truth in the statement of Dr. Hughes Bennett that blood-letting is *always injurious* and *never necessary*, and I am inclined to think it entirely correct.' Again: 'Bleeding in pneumonia *doubles the mortality*.' And yet again: 'The *fewer remedies* you employ in any disease the *better for your patient*.' And once more: 'Mercury is a sheet anchor in fevers; but it is an anchor that *moors your patient to the grave*.'

“ Says Professor B. F. Barker, M.D.: ‘ The drugs which are administered for the cure of scarlet fever and measles *kill far more than the diseases do*. I have recently given *no medicine* in their treatment, and have had excellent success.’ Again: ‘ I have known several ladies to become *habitual drunkards*, the primary cause being a taste for stimulants which are acquired in consequence of alcoholic drink being administered to them as medicine.’ And again: ‘ I incline to the belief that bleeding is *injurious* and *unnecessary*.’ And, finally: ‘ Instead of investigating for themselves, medical authors have *copied the errors* of their predecessors, and have thus retarded the progress of medical science and perpetuated error.’

“ Says Professor J. W. Carson, M.D.: ‘ It is easy to destroy the life of an infant. This you will find when you enter practice. You will find that a slight scratch of the pen, which dictates a little too much of the remedy, *will snuff out the infant’s life*; and when you next visit your patient you will find that the child which you left cheerful a few hours previously is *stiff and cold*. Beware, then, how you use your remedies!’ Again: ‘ We do not know whether our patients recover because we give medicine, or because nature cures them. Perhaps *bread pills* cure as many as medicine.’

“ Says Professor E. S. Carr, M.D., of the New York University Medical School: ‘ Mercury when administered in any form is taken into the circulation and carried to every tissue of the body. The effects of mercury are not for a day, but *for all time*. It often lodges in the bones, occasionally causing pain *years after it is administered*. I have often detected metallic mercury in the bones of patients who had been treated with this subtile poisonous agent.’

“ Says Professor Martin Payne, M.D.: ‘ Drug medicines do but cure one disease by producing another.’

“ ‘ The science of medicine is *founded* on conjecture, and improved by murder.’—Sir Astley Cooper.

“ ‘ There is scarcely a more dishonest trade imaginable than medicine in its present state. The monarch who would entirely interdict the practice of medicine would deserve to be placed by the side of the most illustrious characters who have ever conferred benefit on mankind.’—Dr. Forth.

“ ‘ When I commenced practice I had twenty remedies for every disease; but before I got through I found twenty diseases for which I had no remedy.’—Dr. Radcliffe.

“ ‘ The great success of quacks in England has been altogether owing to the *real quackery* of the regular physicians.’—Adam Smith.

“ ‘Our chiefest hopes (of medical reform) at present exist in the *outer* educated public. It is a sad, but humiliating confession.’—Dr. C. Kidd.

“ ‘The medical practice of our day is, at the best, a most *uncertain* and unsatisfactory system : it has neither philosophy nor common sense to commend it to confidence.’—Professor Evans, Fellow of the Royal College, London.

“ ‘Gentlemen, ninety-nine out of every hundred medical facts are *medical lies* ; and medical doctrines are, for the most part, stark, staring *nonsense*.’—Professor Gregory, Edinburgh.

“ ‘Those physicians generally become the most eminent who have most thoroughly emancipated themselves from the tyranny of the schools of medicine. Dissections daily convince us of our *ignorance of disease*, and cause us to blush at our prescriptions. What *mischiefs* have we not done under the belief of *false facts* and *false theories* ! We have assisted in *multiplying diseases* ; we have done more, we have *increased their fatality*.’—Benjamin Rush, M.D., Philadelphia.

“ ‘It cannot be denied that the present system of medicine is a *burning shame* to its professors, if, indeed, a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good ? How often do they make our patients *really worse* ? I fearlessly assert that in most cases the sufferer would be *safer without a physician* than with one. I have seen enough of the malpractice of my professional brethren to warrant the strong language I employ.’—Dr. Ramage, Fellow of the Royal College, London.

“ ‘Thousands are annually *slaughtered* in the quiet sick room. Governments should at once either banish medical men, and proscribe their *blundering art*, or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this *dangerous profession*, and the *murders* committed in it, than after the lowest trade.’—Dr. Frank.

“ ‘I hesitate not to declare, no matter how sorely I should wound our vanity, that *so gross is our ignorance* of the real nature of the physiological disorder called disease, that it would, perhaps, be better to do nothing, and resign the complaint into the hands of Nature, than to act as we are frequently compelled to do, without knowing the why and the wherefore of our conduct, at the obvious risk of *hastening the end of the patient*.’ In addressing his medical class he says : ‘Gentlemen, medicine is a great humbug. I know it is called science. Science, indeed ! it is nothing like science. Doctors are merely empirics when they are not charlatans. We are as ignorant as men can be. Who knows anything in the world about

medicine? Gentlemen, you have done me the honor to come here to attend my lectures, and I must tell you frankly now, in the beginning, that I know nothing in the world about medicine, and I don't know anybody who does know anything about it. . . . I repeat it, nobody knows anything about medicine. . . . We are collecting facts in the right spirit, and I dare say, in a century or so, the accumulation of facts may enable our successors to form a medical science. Who can tell me how to cure the headache, or the gout, or disease of the heart? Nobody. Oh, you tell me doctors cure people. I grant you people are cured, but how are they cured? Gentlemen, Nature does a great deal; imagination a great deal; doctors—devilish little when they don't do any harm. Let me tell you, gentlemen, what I did when I was physician at the Hotel Dieu. Some three or four thousand patients passed through my hands every year. I divided the patients into two classes: with one I followed the dispensary and gave the usual medicines, without having the least idea why or wherefore; to the others I gave bread pills and colored water, without, of course, letting them know anything about it; and occasionally, gentlemen, I would create a third division, to whom I gave nothing whatever. These last would fret a great deal; they would feel that they were neglected; sick people always feel they are neglected, unless they are well drugged, “‘les imbéciles,’” and they would irritate themselves until they got really sick, but Nature invariably came to the rescue, and *all the third class got well*. There was but little mortality amongst those who received the bread pills and colored water, but the *mortality was greatest* among those who were carefully *drugged* according to the *dispensary*.’—M. Magendie, the celebrated French physiologist.

“‘I may observe that, of the whole number of fatal cases in infancy a great proportion occur from the inappropriate or undue application of *exhausting remedies*.’—Dr. Marshall Hall.

“‘All that *art* can do is to *weaken* life; and truly that seems a fair description of the agents which have been handed down to us in the *materia medica*.’—*Medical Mirror*, January, 1867.

“‘Every dose of medicine given is a *blind experiment upon the vitality* of the patient.’—Dr. Bostock, author of the ‘History of Medicine.’

“‘. . . yet it cannot answer to my conscience to withhold the acknowledgment of my firm belief, that the medical profession is productive of *vastly more evil than good*; and were it absolutely abolished, mankind would be *infinitely the gainer*.’—Dr. Francis Coggeswell, of Boston.

“‘The science of medicine is a *barbarous jargon*, and the effects of our medicines on the human system is in the highest degree *uncertain*,

except, indeed, that they have *destroyed more lives* than war, pestilence, and famine combined.'—John Mason Good, M.D., F.R.S., author of 'Study of Medicine,' etc.

"I declare, as my conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, man-midwife, chemist, apothecary, druggist, nor drug on the face of the earth, there would be *less sickness* and *less mortality* than now prevail.'—James Johnson, M.D., F.R.S.

"The celebrated Dr. Bailie declared, after forty years experience, 'that he had no faith in physic,' and on his death-bed frequently exclaimed, 'I wish I could be sure that I have not killed more than I have cured.'"

WRITERS IN FAVOR OF HYGIENE.

"Says Professor Parker, 'As we place more confidence in Nature and less in preparations of the apothecary, *mortality diminishes*.' Again: 'Hygiene is of *far more value* in the treatment of disease than drugs.' And again: 'I wish the *materia medica* was in Guinea, and that you would study *materia alimentaria*.' And yet again: 'You are taught learnedly about *materia medica*, and but little about diet.' Once more: 'We will have *less mortality* when people eat to live.' And, finally: 'I have cured granulations of the eyes, in chronic conjunctivitis, by hygienic treatment, after all kinds of drug applications had failed.'

"Says Professor Clark: 'Pure cold air is the *best tonic* the patient can take.' Again: 'Many different plans have been tried for the cure of consumption, but the result of all has been unsatisfactory. We are not acquainted with any agents that will cure consumption. *We must rely on hygiene*.' And again: 'In scarlet fever you have nothing to *rely on* but the *vis medicatrix nature*.' Once more: 'A hundred different and unsuccessful plans have been tried for the cure of cholera. I think I shall leave my patients hereafter nearly entirely to Nature; as I have seen patients abandoned to die and left to Nature, recover, while patients who were treated died.' And, finally: 'A sponge bath will often *do more to quiet* restless, feverish patients than an anodyne.'

"Says Professor Barker: 'The more *simple* the treatment in infantile diseases, the *better the result*.'

"Says Professor Gilman: 'Every season has its fashionable remedy for consumption; but hygienic treatment is of *far more value* than all drugs combined.'

“Because ‘Water treatment cures all diseases that are declared incurable by the drug schools.’—Aug. F. Reinhold, Ph.D., M.D.

“ ‘Very few medical doctors still believe in the curative power of their red, green and white medicines. We doctors do not deceive ourselves. For all that, we keep telling people all kinds of things, which we ridicule amongst ourselves. Error has been replaced by fraud; whoever absolved the medical college, knows nothing about the art of healing. The patients stay away, if an honest doctor refuses to give them medicine. People want to be cheated. They fancy no cure to be possible without medicines. We physicians have been talking this apothecary stuff into them, till they believe it. Daily we sing to them the hosiana of our imaginary power. They wait in hope, ’till death knocks the magic flask (the medicine bottle) from their grasp.’—Dr. M. E. Schweningen, physician to Prince Bismarck.

“Wild animals live in conformity with Nature; they are well.

“Health and disease are the effects of controllable causes.

“Sickness is the penalty imposed upon us for the violation of Nature’s simple physiological laws.

“Health is Nature’s reward for their observance.

“Intelligent people no longer regard the ills of the flesh as unavoidable calamities, but know them to be the results of their own misdoings.

“Thoughtful people recognize the absurdity of seeking for health in a bottle, instead of in the correction of their own bad habits and unwholesome surroundings. They find that poisons will kill men as well as mice.

“Sickness is sinful; it is a sign of ignorance; it is as disgraceful as drunkenness.

“Good health is being recognized as our duty; it is becoming the fashion.

“Human beings ought to live a hundred years, in good health, enjoying life to the last; every one who dies sooner, is a victim of medical mismanagement.

“The owner of a brewery once consulted Baron Prof. Von Nussbaum, M.D., Royal Medical Councilor at Munich.

“Dr.: ‘Well, my dear X., where is your trouble?’

“X.: ‘Your Honor, my legs hurt me.’

“Dr.: ‘Well, let me see! yes, that is the gout.’

“X.: ‘What is good for it, your Honor?’

“Dr.: ‘Well, I will tell you. You go, and try to find something that is good for it; then you let me know and I assure you, we two will be millionaires within a year.’

"X.: 'And what else?'"

"Dr.: 'Till then, drink little and keep your legs warm and straight.'

"X.: 'Thank you very much, your Honor; what do I owe you?'"

"Dr.: 'That costs you nothing and avails you nothing.'

If the brewer had applied to the merest tyro in Water Cure, he would have been relieved very soon.

However, let us continue to quote from R. T. Trall: "Fever is one form of disease; and as disease is a process of purification, fever must be one of the methods by which the system relieves itself of morbid matter. How much longer will medical men expend brain and labor, and waste pen, ink, and paper, in looking for a thing which is *no thing at all*?"

"We are told that Nature has provided a 'law of cure.' Here is another vexed question for us to settle, and I meet it by denying the fact. What is this law of cure? The Allopaths say it is '*contraria contrariis curantur*'—contraries cure opposites. The Homeopathsists proclaim '*similia similibus curantur*'—like cures like. They are all wrong; there is no law of cure in all the universe; Nature has provided nothing of the sort; Nature has provided penalties, not remedies. Think you, would Nature or Providence provide penalties or punishment as the consequences of transgression, and then provide remedies to do away with the penalties? Would Nature ordain disease and suffering as the corrective discipline for disobedience to the laws of life, and then permit the doctor to drug and dose away the penalties? There is a condition of cure, and this is obedience."

"And now, if Nature has provided no law of cure, she has provided no remedies. What then becomes of the *materia medica* and its many thousand drugs? And what becomes or should become of the hundreds of quack nostrums which are deluging the land, filling the newspapers with lying advertisements, and robbing annually the sick and suffering of millions of their hard earnings? The 'regular' practice and the irregular trade are based on the same false dogmas; and when one disappears, the other will soon follow."

"I have asked many of the professors of the Drug Schools to explain to me *how* their remedies acted, and *how* their 'Law of Cure' operated—the *why*, the *wherefore*, the rationale? but not one of them could ever tell me."

"Medical men refer us to their experience. What is experience? It is merely a record of what has happened. It only tells what has been

done, not what should be done. I would not give a green cucumber for all the experience of all the medical men in all the ages of the earth, unless predicated on some recognized law of Nature, and interpreted by some demonstrable rule in philosophy. Medical men have been curing (killing?) folks for three thousand years with drug medicines, and their experience has led them away from truth and Nature continually. If a dozen persons are sick of a fever for one, two, or three months, and the physician gives them half a dozen drugs half a dozen times a day while the fever lasts, and one half of them die and the other half recover, the question then arises, what the drugs had to do with the results? The drug doctor will of course assume that all who survive owe their lives to the medication, while all who die, die in spite of the medicine. But one who reasons from another stand-point, who reasons from the law of vitality instead of the false dogmas of medical schools, will conclude that those who die are killed by the medicine, while those who recover, recover in spite of it. Such is medical experience.

"And what are the remedies which God and Nature have provided? Drugs, poisons, chemicals, banes of every name and kind? *Banes*, did I say? Has not every medical school its favorite bane? Allopathy regards arsenic—*rat's-bane*—as a very good tonic. Homeopathy prescribes nuxvomica—*dog's-bane*—as an admirable nervine. Eclecticism selects hyoscyamus—*hen-bane*—as a proper sedative. And Physio-Medicalism considers eryngero—*flea-bane*—as an excellent febrifuge."

"There are two thousand drugs in the list of remedies.* But they are all poisons—banes, venoms, and viruses—

All the dregs and scum of earth and sea.

Take one of them separately, and it is a poison. Give a patient the whole apothecary shop, and it is one mass of poison. It is *poisonopathy* first, last, and always.

"Now the remedies of the Hygienic System, as I have already stated, comprehend everything in the universe except poisons. The Drug System rejects everything except poisons. My system rejects only poisons, and adopts everything else.

"Professor Austin Flint, M.D., of the New York Medical College, and physician to one of the large hospitals of our city, said, a few weeks since, in a clinical lecture to his class of medical students, that, in treating pneumonia in the hospitals, he did not give any medicine at all. *In the*

* At present they are countless.

hospitals, mark you! But how in private families? 'There,' said the professor, 'it would not do to refuse to prescribe medicine.' Would not do? Why not? We will see presently. Dr. Flint loses no patients in the hospitals. In the city of New York the deaths of pneumonia in private families are thirty or forty per week.*

"Dr. Jennings, being a close observer and a very conscientious man, and, withal, something of a philanthropist, became a reformer! He became fully convinced that the system of drug medication was all wrong; that drugs, instead of curing persons, or aiding Nature to cure them, really hindered the cure, or changed the primary malady to a drug disease as bad or worse; and to put the matter to the proof, he practiced for several years without giving a particle of medicine of any kind. But his patients did not know it. The people did not mistrust that they were *humbugged* out of their diseases; cheated into health; deceived into saving the greater part of their doctor's bills, all of their apothecary's bills, and the better part of their constitutions. He gave colored water, sugar pellets, and starch powders, to keep up confidence and furnish the mind with some charm of mysteriousness to rest its faith upon; and then he directed such attention to Hygienic conditions as would enable Nature to work the cure in the best possible manner and in the shortest possible time.

His success was remarkable. His fame extended far and wide. The praises of his wonderful skill were heard in all the region roundabout. In a few years, having conclusively demonstrated the principle involved, he disclosed to his medical brethren the secret of his extraordinary success. And do you not think that they were all swift to adopt the no-medicine plan of Dr. Jennings? Not quite—no, not one of them. Dr. Jennings has not, at this day, a single disciple, perhaps, in all Connecticut. The Connecticut doctors all thought, doubtless, with Dr. Flint of New York: 'This no-medicine plan may do in public hospitals, but it will never answer in private families. It may do for Dr. Jennings or for the people, but will never answer for us.'

"And the Matchless Sanative! who has not known of its marvellous cures? Twenty-five or thirty years ago it was all the rage in some places. I have seen many chronic invalids who had worn out half a dozen regular physicians, and swallowed the whole round of patent nostrums; but nothing ever did them so much good as the 'Matchless Sanative.' Well,

* This shows plainly, how the public bribe the drug fraternity to do the work toward them.

it was a matchless medicine. It was the very best remedy, as a universal panacea, ever sold to an afflicted mortal at an extravagant price, for it was *pure water*, and nothing else. The price was only two and a half dollars per half ounce !”

If such wondrous effect be produced simply by keeping out the poison, and by leaving Nature alone, what unparalleled success may we not be entitled to expect, if we assist Nature by removing the obstructions, and thus save the vitality of the patient?

In the circular by a Dr. Keller we read: “If it were possible to cure the sick by means of the different kinds of medicines or drugs, there would not be so many cases of death and so many sick-beds; not so much ‘chronic’ misery and sickness. Mercury, iodine, arsenic, bromine and their different compounds, salicine, digitalis, china, antipyrin and antifebrin are to-day used in large quantities in almost all our sick-rooms.

“More than enough of these mixtures, pills and powders are hourly prescribed and taken. And what is the result? Certainly not a real and lasting cure and a sure protection against the diseases of mankind. The road is opened to further suffering, worse calamity is produced. The so-called medical way of curing, this method of curing existing since thousands of years, has never proved to be a real science of curing in spite of the experience of ages and the protection of the different States given to it at all times. It could not gain for itself the untarnished reputation of being a method of curing based upon a solid foundation. Under the pressure of these facts it is easily understood that a suffering human race was looking for another way of curing the diseases of humanity, a method bringing real salvation from mankind’s diseases.

“This way of curing the sick has been found, and thousands have used it with the best results. By it, it is not only shown how to retain health, but also how to recover the lost, and preserve it.

“It is, of course, a ‘new’ method of curing which possesses, with the old one, the same scientific basis of Anatomy, Physiology and Pathology, but differs essentially from it by omitting Latin prescriptions, or medicines and drugs of any kind, being a cure without drugs, and being able to avoid very many operations—a cure—*quick, sure, efficacious and lasting*.

“This new method of curing, founded by Priessnitz and Schroth, then reformed by Rausse and Hahn, has greatly developed itself during the last two decades in scientific progress as well as in its general branches, marching victoriously through the world under the name of ‘Nature’s

Cure,' 'Natural Art of Curing,' and wherever in use combatting successfully the diseases of man—curing the sick and protecting the health of the others.

"Its weapons of warfare consist of light, air, water, rest, motion, massage, and diet, and are brought upon the battle-field in different forms."

How was it possible for the method of Water Cure to circle the globe in a few years, except that the thoughtful had wakened to the deficiencies and dangers of drug medication?

Sir John Forbes, M.D., says: "In many cases, treated allopathically, the disease is cured by Nature, and not by the drugs; in other cases, the disease is cured by Nature in *spite* of them; and consequently, most patients would fare better, if all drugs were abandoned;" and he emphatically adds: "Things have come to such a pass that they must either mend or end."

"The habitual taking of any efficient medicine is the certain road to a premature, and, very often, a violent or agonizing death."

R. T. Trall again writes:

"Prince Albert* was afraid to take the medicine of the regular profession, yet he was killed by it. Lord Byron held medicine in contempt, and execrated bleeding; yet he was bled to death. Prince Albert refused to take the ordinary drugs, but consented to take alcoholic stimulants. There was the fatal error.

"Prince Albert did not regard alcohol as drug medicine in the technical sense. Why should he? Do not all the standard physiologists call it a 'supporter of vitality?' Do not physicians everywhere prescribe it in all cases of debility and exhaustion? Why should the Prince have been wise above what is written?

"Prince Albert had not learned, nor do medical men seem to understand, that *stimulation and nutrition are incompatibilities*. There is no grosser absurdity abroad, no greater delusion on earth, than the notion that alcohol is in any sense, or under any circumstances, a supporter of vitality, or respiratory food.

"Prince Albert was 'kept up on stimulants' for five or six days. No one suspected any danger. Physicians did not regard the complaint as anything serious. But, all at once, the patient became prostrated. *The typhoid set in*. His system refused to 'respond' to any further stimulation. Why did his system refuse to respond? Because his vitality had

* The husband of Queen Victoria.

all been stimulated away. His system needed quiet, repose ; but he was kept in a feverish commotion, in an inflammatory excitement, in a constant commotion with alcoholic poison.

" Ah! this terrible 'typhoid.' How ready to 'supervene,' or 'set in,' whenever and wherever a drug-doctored fellow-mortal is reduced to the dying point !

" So inexplicable and mysterious was the death of Prince Albert, that suspicions were entertained of foul play for political considerations. My own opinion is, that the treatment is sufficient to account for the death.

" The late King of Portugal died in a similarly sudden and mysterious manner, as did also his royal brother, and in their cases intentional poisoning was suspected.

" I recollect that soon after President Taylor died, physicians imputed the malady of which he is said to have died—a slight bowel complaint—to having partaken rather freely of blackberries and milk a couple of days before.

" Blackberries and milk ! Such a meal could not have seriously damaged a nursing baby, much less the hardy old veteran who was almost proof against Mexican bullets. When I heard of *blackberries* as among the causes of General Taylor's death, I thought of *blue-pills*, and *gray powders*, and *green tinctures*, and *red lotions*, and *brown mixtures*.

" President Harrison was sick, as the medical report vaguely stated, of congestion of the liver and derangement of the stomach and bowels. The patient was physicked and leeches ; the typhoid 'set in,' and handed him over to the grim grasp of death. After his death the medical journals disputed the propriety of the bleeding part of the treatment. Some contended that he was bled too much, and others insisted that he should have been bled more.

" Washington, too, died suddenly and strangely. A British author, Professor Reid, of Edinburgh, Scotland, has publicly declared that he was trebly killed ; that he was bled to an extent that would of itself have caused death ; that he took of antimony and of calomel each enough to have killed him outright, had there been no other medication."

Dr. Trall continues : " So long ago as my earliest school days, the advent and career of our district school teacher made an impression on my mind which induced me to study medicine much more critically and suspiciously than I would otherwise have done. Western New York was then sparsely populated, and there was no doctor within a dozen or fifteen miles. But people were sick. Agues prevailed. Colds and coughs were as common as rain, sleet, and slosh. Pneumonia and influenza

were everyday affairs. Whooping-cough, mumps, and measles, were as plenty as blackberries; and bilious, inflammatory, and even typhoid fevers, with now and then a case of rheumatism, were well-known and duly appreciated. *But nobody died.* Many persons were very sick, put somehow or other all came out well and sound at the end. At length, a stranger of good address came along and offered to teach the village school. He was employed. It was soon noised abroad that he was a doctor. How fortunate! At this time colds, pneumonia, influenza, and pleurisy were prevalent. The school teacher soon began to visit patients out of school hours, and the calls for his professional services became so frequent and urgent that he was obliged to relinquish teaching in the middle of the term, and devote himself night and day to doctoring. *Then it was that people began to die. I soon became familiar with funerals, and cripples and bed-ridden women were numerous in the neighborhood.* Three of my father's family—my mother and two brothers—called in the doctor for some slight indisposition; and none of them ever saw a well day afterward. These things I noticed then, and wondered; now I think I can understand and explain them."

"The late Prof. Wm. Tully, M.D., of Yale College, and of the Vermont Academy of Medicine at Castleton, Vt., informed his medical class when I attended his lectures, 'that some years previous typhoid pneumonia was so fatal in some places in the valley of the Connecticut River, that the people became suspicious that the physicians were doing more harm than good; and in their desperation they actually combined against the doctors and refused to employ them at all; after which, said Prof. Tully, 'no deaths occurred.' And I might add, as an historical incident of some pertinency in this connection, that regular physicians were once banished from Rome, so fatal did their practice seem, in the eyes of the people."

"It is wholly incontestable that there exists a widespread dissatisfaction with what is called the regular system of medical practice. Multitudes of people in this country and in Europe express an utter want of confidence in physicians and their physic. The cause is evident—erroneous theory, and springing from it, injurious, often—very often—fatal practice. Nothing will now subserve the absolute requisitions of an intelligent community but a medical doctrine grounded upon right reason, in harmony with and vouched for by the unerring laws of Nature and of the vital organism, and authenticated and confirmed by successful results."

Who is sick? He whose body is encumbered. Who is hopelessly sick? He who has exhausted the resources of the apothecary shop. (If medicines were beneficial, should he not be the healthiest man?)

Let invalids remember that their trouble commenced with some trifling ailment or other, *e. g.*, a little cold, or an indiscretion in diet, etc., then medical aid is sought, and by the time that they have half a dozen doctors, they are by no means well, but are on the road to become confirmed invalids.

Every part of our body—the nails, hair, teeth, bones, muscles, skin, brain, etc., is so wonderfully constructed that each draws from the blood just what is needed by that respective organ. The more we ponder over this subject, the more we admire their sublime harmony. And then, the endeavor of the drug school to correct any disturbance of this harmony by the indiscriminate employment of drug poisons, seems a most awkward proceeding. Nothing ought to be introduced into the body, except that which is calculated to rebuild it; consequently, substances that do not form constituent parts of a healthy body should not be taken. Mercury and arsenic, for instance, are not found in a healthy person, and if a person is sick, it may be from the presence of these very poisons.

In spite of the numerous drug stores so ready to sell their deadly poisons, and notwithstanding the thousands of drug prescribers, hospitals, asylums, etc., quite willing to dispense their harmful quack stuffs, mankind grows no healthier. On the contrary, new forms of disease spring up on all sides like mushrooms, and *this age, so rich in new remedies, is just as rich in incurable modern diseases. To us it is incomprehensible, how both the public and the physicians can be so blind as not to notice this coincidence.*

W. W. Hall, M.D., says: "The fact that new nostrums remain popular only for a brief period, proves that their healing virtues, like the diseases they profess to cure, are imaginary. Each remedy has its brief day of glory, and is succeeded by a rival candidate for the popular applause. Each new invention has a twofold office. It comes to bury the dead, and herald a new race. Each fresh adventurer denounces all rivals as deceivers and impostors. These makers and venders of nostrums abuse each other like pickpockets. They wage war upon every fellow-quack. Every member of the fraternity is an Ishmaelite to every other. On all sides it is war to the knife, and the knife to the hilt. The dead lie prostrate on many a hard-fought field. But *it is the patients who die, not the quacks.*" And again: "When a simpleton wants to get well, he buys something 'to take;' a philosopher gets something 'to do;' and *it is owing to this circumstance, that the latter has been in a minority almost indistinguishable in all nations and ages, that doctors are princes instead of paupers.*"

Herbs.—Some medical people, and also SEB. KNEIPP, urge that Herbs are plants, vegetable products, and ought to be able to restore health more safely than mineral drugs. But we know that coffee, tea, nux vomica, strychnine, prussic acid, hyoscyamus, belladonna, morphine, opium, carbolic acid, etc., are vegetable products, and yet are the most powerful poisons we possess; some being so destructive that one drop may extinguish a human life. Things can be harmful, indifferent, or beneficial to health. We do not understand how one and the same article can be both harmful and beneficial; but this is exactly the position our wise drug advocates hold. They say, however, that the articles mentioned, are harmful in a concentrated form, but restore health when taken diluted. On what principle do they make this distinction? We would argue, that if concentrated poison will kill us instantly, the same poison, taken diluted, will kill us by degrees. How can it be otherwise? If you pour one drop of a concentrated solution of cochineal into a quart of water, it will tinge its entire contents, that is, each of the many thousand drops of water has received part of the cochineal dye. Now if the entire drop of a substance be injurious, we fail to see why the same drop when diluted should not also be harmful. Poison is destructive in direct proportion to the quantity taken. Its nature is poisonous, and this nature is not altered by dilution. If a drop of a certain poison will kill a person, and the same drop be diluted and thus taken with one draught, do you not suppose that it will produce the same fatal result? It might do its work even more rapidly. It is only *when we take the diluted poison by degrees* that the deadly effect escapes our notice, because our vitality has a chance to recuperate to an extent in the meantime, and thus spin out its misery for a longer period. But the diluted poison is killing us nevertheless.

The idea of the beneficial effect of medical herbs was probably first introduced thousands of years ago, by people without schooling and observation, but whose minds were filled with all sorts of rubbish and superstition. We have plenty of superstition still; it has been propagated down to our times, and the drug people are its staunch adherents. The only ground they have to stand on, is: that the usefulness of herbs was believed in by the ancients. This argument is sufficient for our medical scientists. A drowning person will cling to a straw; so will our drug profession. "That famous old Dutch physician, Boerhave, had a clearer idea of the underlying principle of rational medicine than some modern followers of Æsculapius, as evidenced by his declaration that a dyspeptic would get more good from (the exercise in) *climbing* a bitterwood tree than from *drinking* a decoction of its leaves."

For centuries the public has been told that drugs and herbs cure. Not knowing better, they believe in them and demand them. Drugs and herbs always do harm; but in cases of acute diseases, they may produce a shifting of the cause of disease (the foreign matter), and thereby effect a seeming cure. Both physicians and the patients may thus be deceived. Kneipp, too, humored this delusion of the public and hence his phenomenal success. We know that as far as financial prosperity is concerned, we are injuring ourselves by opposing this delusion with all our might, but for all that, we are bound to serve our fellow-men to the best of our ability.

We claim that *anything that cannot be taken into the body as a daily food, or is not needed for its maintenance, or is taken into the system with the intention of cleansing it, is rank poison, and injurious in proportion to the quantity taken.* Many of the active principles of plants consist in essential oils. The normal body contains no essential oils, hence, the sick body cannot be benefited by them. Some of the ingredients (such as coffeine, theine, prussic acid, nicotine, etc.,) are so powerful that one drop is sufficient to destroy a man. If we dilute them, and apply them to sores, they are powerful enough to destroy the germs that live in the purulent matter. Now we claim that the body is composed of microscopic cells, each of which has its individual life, these poisons will destroy the healthy cells also as far as the quantity of poison will reach. The bacilli are not the prime cause of ulcers; for instance, to repeat a former example, you run a splinter in your finger; by the inflammation a stoppage of circulation occurs. The foreign matter which is deposited in this place will decompose on account of the presence of germs that are always introduced with the splinter, and by the greater heat of the inflammation will cause the injured part to fester; these germs canonly live in temperatures above the normal. Cool the sore spot and they will die. Cleanse the body, and they will have no food on which to live. *No poisonous herbs or antiseptic liniments are necessary.*

On this same principle we treat and cure consumption.

In vigorous persons, we have less chance to see the ravages of the medical herbs, especially when accompanied by Water Cure Treatment, as with Seb. Kneipp. But if the life of a patient hangs on a thread, it will always be found harmful to resort to them. Without the herbs, by dint of careful nursing, strict diet and regime, and mildest Water Applications, we have succeeded in fanning back to vigor many a life that had been despaired of, and in curing forms of disease which Kneipp does not even mention in his book, or which he declares positively incurable. They are so with him,

because the patients are poisoned by the herbs which he and his followers employ.

Any one who claims that God created the so-called medicinal herbs for the purpose of curing disease, thereby implies that God created both sickness and the means of cure. Wild animals are exempt from sickness and hence need no curative herbs; why should man, whom some call "God's master-piece," have need of them? Every illness can be shown, to result from man's perverse mode of living. Disease had not been ordained by the Almighty as a punishment for our sins. We insist that whoever *still needs the aid of herbs for curative purposes, has not fully recognized the nature of disease, and the manner of cure by nature's physical forces*,—fresh air, sunshine, proper amount of rest and exercise, proper food, and its assimilation and excretion. Water, massage, and electricity are not absolutely necessary; but they hasten the process of elimination. Besides, the use of herbs makes the treatment by natural measures more complicated, expensive and unreliable. We see God's wisdom in nature, by observing that the greatest and most manifold varieties are obtained by the simplest means. Now the beauty of the Nature Cure is demonstrated in the simplicity of its method. It requires the least amount of appliances.

Herbs require drying, careful treatment, and much study. They lose their power in a limited time. As obtained from the dealer, they are unreliable. They do harm invariably. Water is always of uniform strength; it requires no curing nor other preparation, and can almost everywhere be obtained fresh and exempt from adulteration. The use of herbs opens a vast field for unscrupulous speculators and dealers, who lay all the stress on the employment of herbs, and represent the water applications as secondary. But as the active principles in medical herbs do not belong to the constituents of a normal body, they must be harmful. For this reason, and also on account of his dietary directions not founded on fixed principles, we estimate that Seb. Kneipp has done mankind as much harm as good. In speaking thus, apparently slightly and irreverently of S. Kneipp, the writer is far from intending to detract from his merits. In fact, but for Kneipp, L. Kuhne and R. T. Trall, the author would probably know nothing of the true Art of Healing, as from the current medical text book you can hardly learn more than the negative side, *i. e.*, how *not* to treat people.

In the case a female being in her monthlies, hydro-therapists are backward in using water; in such cases, to give immediate relief, they may employ massage or electricity, etc. Hence if we mention different

methods of attaining the same end, for instance, water, massage, light baths, etc., it is because circumstances may arise, under our present perverse conditions, where one or the other cannot be employed; certain urgent cases, however, allow of no delay.

There are many reasons why people with sound common sense object to practitioners of the reigning school; for example, daily we read of fatal mistakes committed both by the drug prescribers and the pharmacists.

If medicines have the power to cure persons, their *habitual* use should keep the people well; but they have the opposite effect.

There is as much adulteration in drugs, as there is in any article of commerce. *Whole libraries have been written on the virtue of drugs.* They were first used hundreds of years ago by uneducated savage people. And as the medical men have found nothing better as yet, the low estimate we place upon their acumen cannot be wondered at. Patients after having been drained to the last farthing by private drug experimenters seek relief in free dispensaries. Do they find it? Many carry to their graves the effect of the careless and heartless treatment received there.

We know a professor in a medical college, whose fame as a specialist of children's diseases is known throughout the world. But, strange to say, his own children died, one after another. On one occasion he fed, as it were, his healthy child on quinine for weeks, giving a dose of it with every meal. What for? To prevent a possible attack of malaria. (This is the only way in which the drug dispensers try to *prevent* sickness.) In answer to our question, whether he thought the effect of the successive doses of quinine accumulative, or whether it wore off as readily as that of tea or coffee, he stated, that no exact data had been obtained on this point.— The child died of diphtheria within a year after this mode of "preventing" sickness took place. Doubtless, this eminent scientist (!) would say that death was caused by diphtheria; not by the previous administration of quinine. (As a rule our genuine legalized quacks recognize only the *present* effect of drugs; the *future* effect rarely claims their thoughts.) But whether by drug or diphtheria, the fact remains: The father and famous doctor could not save his own child, and it is our humble opinion that the quinine undermined the child's constitution, making it succumb to the first blast. *Medical Science (!) thus resembles the fabulous old Saturn, who was said to have devoured his own children.* (FIG. 112.) In view of such facts, if we harbor any misgivings as to the proficiency of the present medical systems, methinks we are quite justified. This scientist subsequently received a call to a foreign



FIG. 112. *Drugging.* *a.* A great specialist for children's diseases, known all over the world, doses his healthy child with quinine to prevent (that is the way M.D.'s. prevent disease !) an attack of malarial fever; the poison was administered with every meal for a considerable time. *b.* Six months later his only son is dead. *c.* medical science (so-called), resembles old Saturn who is said to have swallowed his own children.

Eventually this same star of the drug schools received a call as professor to one of the first drug colleges of Europe. Can there be conceived a more sarcastic reflection on the impotence of the prevailing drug schools than the fact that one of the highest university's should hunt the world over for a specialist for children's diseases, and that its choice should fall on a person who had been unable to keep his own children alive? Such an occurrence is in perfect keeping with the drug system, *viz.*: that the very man who poisons his own children holds the highest place of honor in the drugging world ; he certainly occupies the bottom round of common sense.

country, from one of the first medical colleges of the world, as a specialist for children's diseases. *Does this not seem a severe reflection upon common sense, and must it not make us doubt the accountability of our highest medical authorities?*

After a drug physician has exhausted the resources of the apothecary shop, and, his patient, discouraged, is about to leave him; he turns to the *electricity swindle*. In ordinary practice two kinds of electricity are employed, *viz.*: the Faradic and Galvanic currents. We concede to the former the power of shaking up the foreign molecules deposited in a sick body; and the latter seems to possess the power of pushing the loosened particles ahead; but as far as we can learn it is not known in what manner the *living* tissue is acted upon by this force, *i. e.*, we do not know whether the *permanent* effect of electricity is beneficial or prejudicial to the vital power. If electricity only operated on the dead, inorganic matter within an abnormal body, tending towards its removal, we would consider the use of electricity to be good and legitimate. But as it also effects the living tissues, as is plainly proved by the muscular contractions, etc., we can but class electricity with the stimulants, and adjudge it to work permanent harm. At any rate, its beneficial results are doubtful, and even its temporary effects are infinitesimal when compared with the positive results of Natural Methods. These can never do harm if applied, not empirically as S. Kneipp and his followers use it, but rationally, according to fixed, simple, and obvious principles, as will be set forth in a future work by us, entitled *Principles of Cure*.

We have come in contact with many physicians who use electricity; others have recommended their patients to get an electrical apparatus, and after it was procured, were unable to show how it should be used. Other patients were treated electrically in the first medical colleges and by the highest authorities and specialists for the electrical treatment, for months and years, without any signs of improvement, whereas the disease afterwards readily responded to Water Cure processes. The medical profession knows perfectly well, that there is very little virtue in this mode of treatment, and yet they persist in robbing their patients of their money, time, and opportunity of applying for the more effectual Nature Cure; it is for these reasons, that we cannot help looking upon the electrical treatment, as usually practiced, as one of the most flagrant swindles ever imposed on the public. (FIG. 113.)

Before leaving the drug method of curing (killing?) We should like to speak of a class of physicians who stand pre-eminent, each in his own speciality ; namely : the specialists.

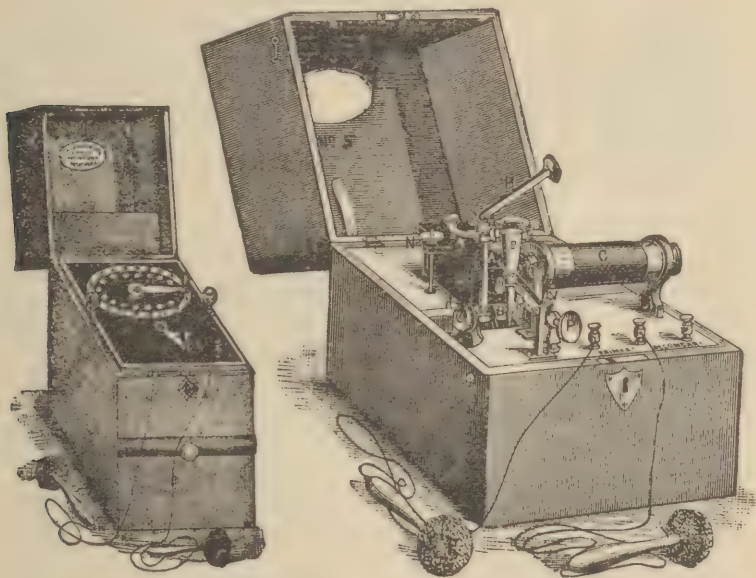


FIG. 113. *Electrical Apparatuses.* This is used for perpetrating what we would call the medical *electricity 'swindle'* upon the public, for the depletion of its pockets. The usual run of M.D.'s., does not understand anything about electricity ; at best its results are dwarfed when compared with those achieved by the Nature Cure. We are called to many patients who had bought such apparatus by the advice of their medical counselors, but who never used them because these advisors could not tell how the instruments were to be applied. If this treatment does not relieve the patient, at any rate it relieves his pocket. Patients have come under our notice who have been treated electrically for eighteen months, without any benefit, and that by the highest medical authorities, *i. e.*, professors of medical colleges.

The belief in *specialists* arose quite naturally. The public, seeing that the ordinary physicians could not cope with any advanced form of disease, thought it would be more to the purpose for individual medical people to devote a life-time to the study of some particular organ, or part of the body. In this way "specialists" arose. Their maxim sounds well and looks feasible ; it captivates the public. But, for all that, it is *idle fallacy*. Our body is a unit ; the stomach prepares the food for the entire body ; the blood nourishes every fibre of it. If a person feels a

tension in the eye-ball or has an ear-ache, the pain indicates the presence of foreign matter. As all foreign matter appears first in the blood before it can settle elsewhere, it is evident that the pain also indicates an abnormal condition of the blood. But how did the blood become abnormal? By a perverse mode of living, *i. e.*, by eating, drinking and breathing wrong substances, and by neglecting the depurating organs. Now, tell me, how any local treatment of the eye or ear can cure these organs, without improving the condition of the blood by adopting a proper regime? But so it is; the specialist treats the eyes and ears by his caustics, anæsthetics, etc. The caustics irritate the organs still more, draw a still greater supply of the impure blood there, and thus increase the deposits. Or, the anæsthetic kills the nerves; the blood recedes, leaving the deposits behind. These harden, and *blindness or deafness is the final issue*; it cannot be otherwise (FIG. 114.) From this it will be seen that our much admired and revered specialists are strictly responsible for a vast percentage of incurable cases.

Dr. E. B. Foote writes: "It was not suspected until the seventeenth century, that catarrhal matter emanated from the glands of the mucous membrane, and ever since then, the doctors have been mainly treating it as if it were simply a local disease; and it has been a favorite target for all sorts of medical sportsmen to fire at. Some shoot astringent liquids into the nostrils; others play fine streams of medicated spray into the breathing passages; another attempts to flank the enemy by throwing dust into his eyes in the form of catarrh snuff; while still another medical wise-acre thinks he will smoke or steam him out with some newly invented fumes or vapors. Catarrh is really the result of a diseased state of the blood."

Suppose a pimple developes on your nose. First, you apply to the wisdom of your family physician; but finding that its management surpasses his capacity, you look up a specialist for the nose. He examines the pimple most carefully and scientifically *i. e.*, from the drug standpoint—and then prescribes some salve. As the pimple keeps spreading, he cauterizes it. This treatment being in vain, he begins to cut it and scrape it away, until it surpasses endurance and until the nose is gone and the patient is disfigured for life. Not for a moment does the wise Esculapian think of the possibility that the pimple might have originated from an improper condition of the blood. He is so much absorbed with his specialty that he forgets that the nose is merely a part of the body, that the life of the nose and that of the whole system, are one, and that the blood in the nose is identical with that in the rest of the body. He ignores the fact

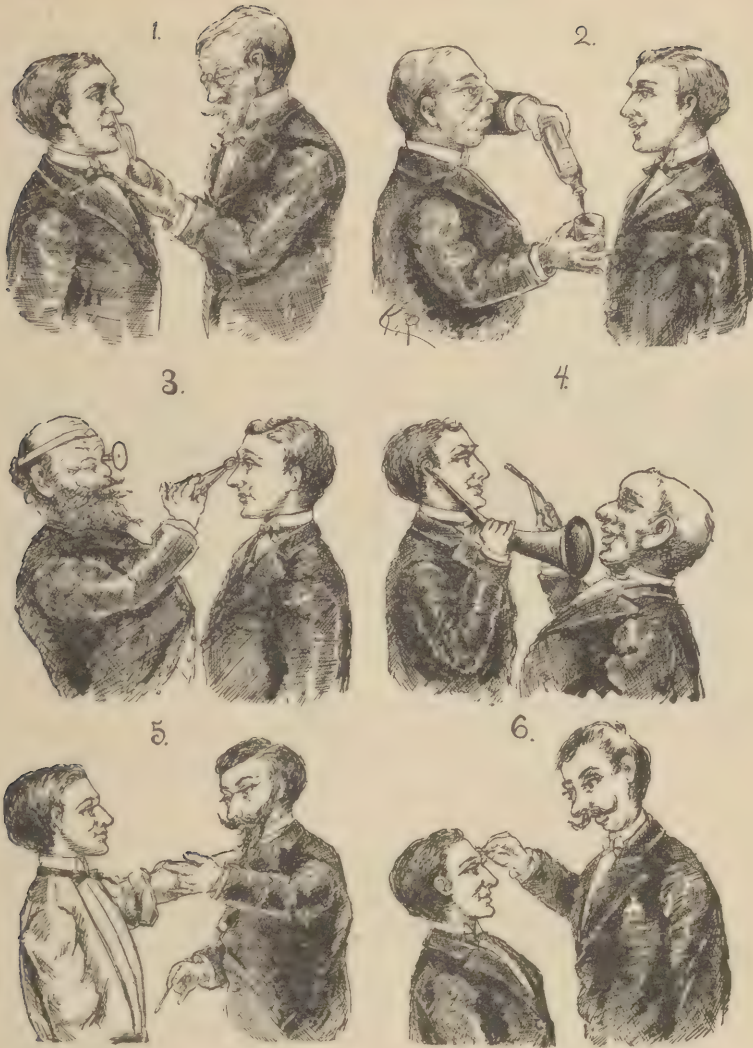


FIG. 114. *Specialism.* If you examine books treating of diseases of the eyes, you find depicted all sorts of malformations, but you will not find a normal healthy eye. Our great specialists for diseases of this organ do not know how a healthy eye looks, and hence are utterly disqualified to restore eye-sight to the normal by natural means, and this holds true of all other specialists. All specialism in medicine is an absurd abnormality of the mind, as the patient has to go to one specialist for trouble with his nose, to another for his eyes, ears, throat, internal organs, the skin etc. Our great specialists treating each organ specially, are not specially successful, as they forget that the trouble in any particular organ only originates from an abnormal condition of the entire body. We cleanse the body and thereby cure any special organ without any special difficulty.

that a healthy person with sound blood could not have such a sore nose, and he does not dream that nothing would be easier than to cure such a pimple by cleansing the blood from its impurities by a suitable regime and a course of Water Cure.

A case of *lupus* is plainly a case of impure blood. Adopting a natural mode of living would be sufficient to cure it. But as the drug people do not know what that means, they follow their usual trend of procedure, and cut and scratch the nose and the face away,—but without effecting a cure. To a common mortal, the hair stands on end at such a sight, but the drug profession calls it a scientific treatment and is proud of it.

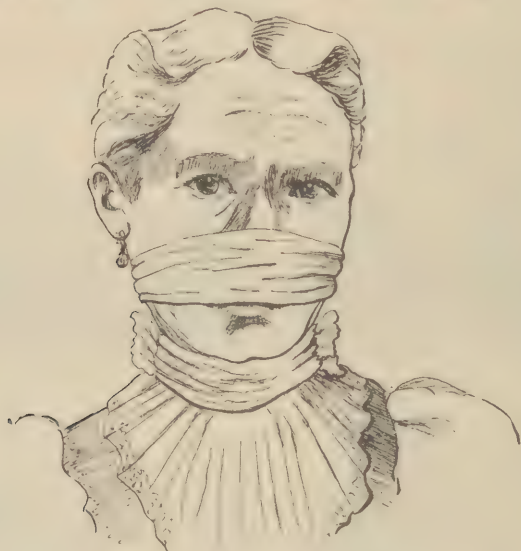


FIG. 115. *Case of lupus*; nose, cheeks and lips eaten away. The trouble commenced with a little pimple. It was treated for 10 years by M. D.'s., affording them an immense revenue, and making the patient a horrible sight to look at. She was treated locally by cutting, scraping, pricking, cauterizing, etc., with the above result.

These illustrations will answer all other cases. Specialists treat the human body as if it were something like a doll, joined together from separate parts that had no deep connection with each other whatever. Specialism is as irrational in any other form of disease.

Now if a person complains of one organ more than of another, as is usually the case, we first regulate the diet, giving minute instructions as to what shall be eaten and drunk; how, when, and in what state of preparation, etc.; then we give directions as to exercising, breathing, air-

and light-baths, etc., and finally the impurities are removed from the system by applications to the entire body. Extra *local* applications are *rarely* necessary, and are only given to either keep *inflammation* in check by applying cool applications, frequently renewed or in a case of *palsy*, when a

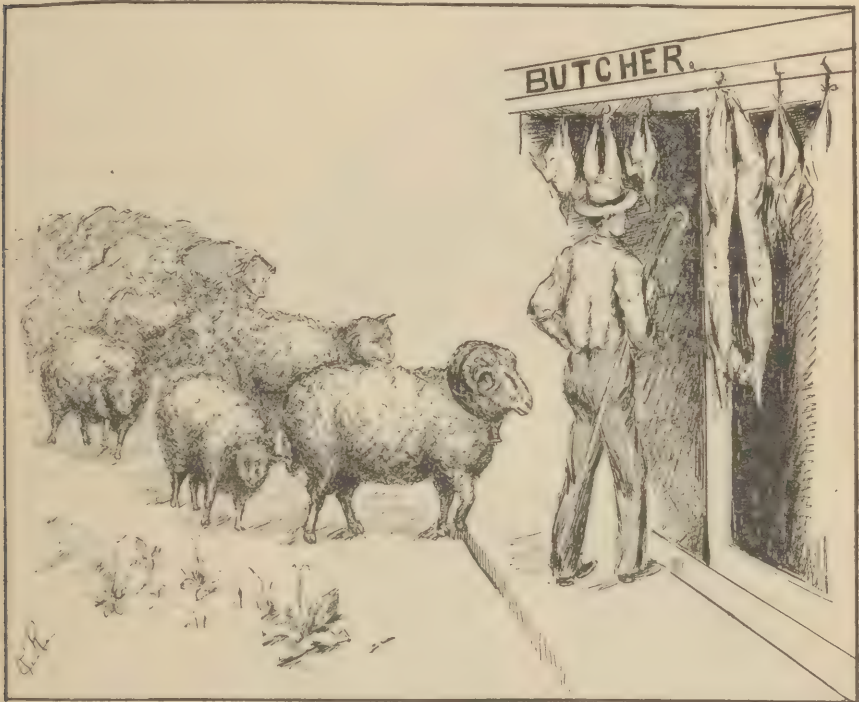


FIG. 116. *A Flock of Sheep.*

As to *cure*, few people have judgment of their own. When sick, they follow the example of others who are as much befogged by the drug illusion. Like sheep, they follow their leaders into the slaughter-house.

limb is cold and we wish to restore its natural temperature, we attain our purpose by applying compresses of cold water covered with flannel and leaving them on for many hours till they grow hot. *This illustrates how two totally different symptoms (inflammation and palsy) can be cured by the same means—cold Water.*

Have we shown in its true colors, the hopelessly evil effects that the poison and cutting system, upheld by the different drug schools, has exercised for countless ages, and is still exercising upon the human race? Have we persuaded you, *not* to blindly follow in the footsteps of their vic-

tims? We caution you to turn back to nature at the first danger signal she sounds; accept her hint, act on her advice, and in the natural methods find a permanent cure, and build up a new body and a strong, clear mind.

SURGERY.

Chapter 24.



THE present employment of surgery may be divided into to three groups, *viz.*:

1. In *Malformations*, inherited, such as clubfoot. They are rare; and here, an operation may be beneficial.

2. In the case of *accidents*. They will happen; people, for instance, will break their arms which will require setting. There, too, surgery is partly legitimate, but not by any means to the extent to which it is practiced. Besides, its methods should be radically changed,—the antiseptic treatment should be relinquished and the much safer and much more efficient Water Cure methods adopted. The systems of most people being encumbered with impure matter, no sooner does an injury occur, then festering of this corrupt matter will set in. The antiseptic treatment endeavors to keep the inflammation down by the most poisonous salves, without cleansing the system. We proceed more rationally and more thoroughly treating not only the wound but the entire body. By cleansing the whole system by wholesome diet and water cure processes, we draw the impurities away from the injuries; the latter need scarcely any attention, except cleansing and cooling with plain, cold water. The effect of our method is marvellous as compared with the famous antiseptic treatment, of which our modern surgeons are so proud.



FIG. 117. *Amputation of the arm by the drug people.* This would never have been found necessary if Water Cure were applied in time. The operations shown here are specimens, to which anyone of the readers may be subjected some day. Many such troubles commence with a little indigestion or a cold, but under the drug system you never know where you will end. Those that are being operated on to-day or those who have lost their limbs already never dreamed that some day they would become the victims of such gross ignorance. Beware of the drug people and their fine array of instruments! These men resort to the knife, after their drugs have poisoned the patient through and through.

3. In *Chronic ailments*. These constitute the bulk of all operations, and yet are absolutely unnecessary. All these cases, if treated from the beginning, not by drugs but by natural methods, would speedily be cured, and would never run into a condition necessitating an operation. But even at a late date, Water Cure is preëminently safer than surgery.

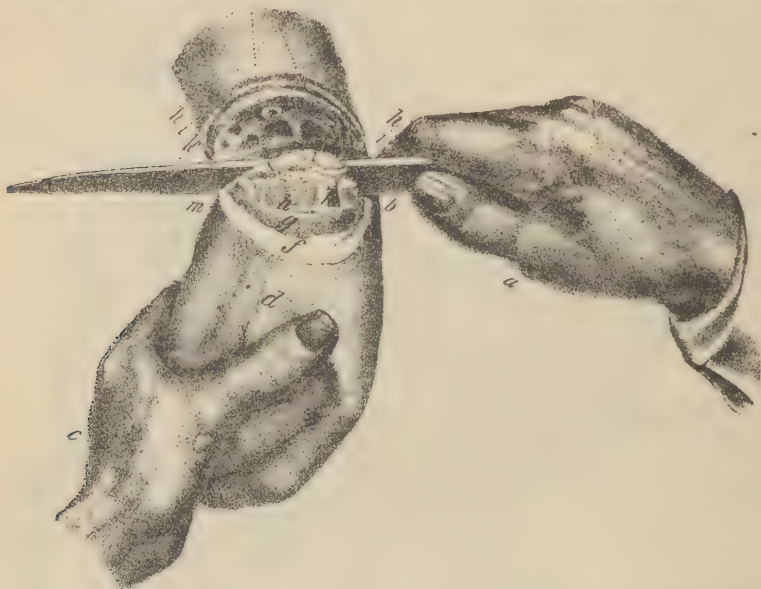


FIG. 118. *Amputation of the Hand.*

It strikes us that a great amount of atrocity is shown by the drug people who can cut people's limbs away apparently without any thought of what will become of their victims subsequently. Their sole study seems to have been to find new means of cutting the living body to pieces. Their sole study ought to have been how to keep the limbs on. This is our aim. We reject operations of any kind, considering them mere puerile attempts at cure.

By far the largest number of operations are performed upon patients, whose disorders have become chronic through persistent DRUGGING. All these years of suffering and this barbarous climax as well, could have been avoided by right living at the first, or by rational methods of cure even later. But instead, we hear of some "wonderful operations" having been performed. The occurrence is heralded abroad, and the world at large is duped into believing that some work of great benefit to humanity has been accomplished. But let us look at the matter honestly, and see what it all amounts to. The actual benefit to the patient can never be *lasting*. In a case of cancer of the stomach, for instance, the latter is opened and scraped out, but the *cause of the cancer* remains and keeps developing new growths. (Fig. 120.)

If disease settles in an arm or leg, this member may be amputated, but the whole body is full of the corruption that caused this form of disease, and severance of one portion by no means cures the evil. On the other hand, what is lost in this way, can never be regained; a limb once amputated is gone forever. The beneficial effects are doubtful, at any rate infinitely small, while the injury done is irreparable. Again these operations can be performed by a chosen few only, for almost fabulous sums, as they require the highest surgical skill; and are performed in clinics, which are

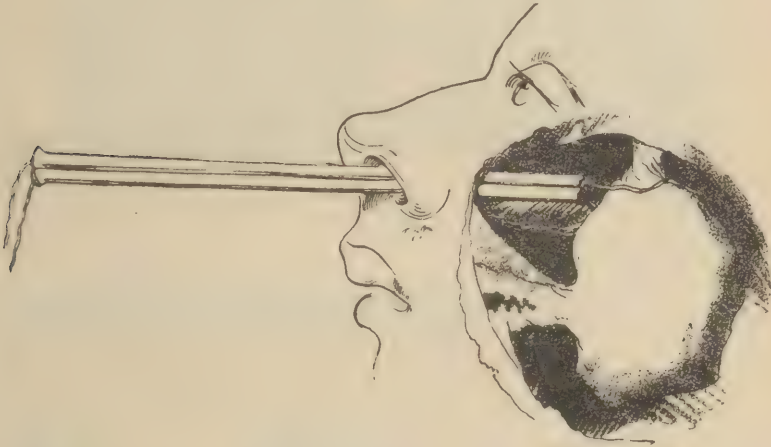


FIG. 120. *Operation for Nasal Polypus by means of a snare.*

In cases of polypus, cancer, and lupus, the medical profession in vain strains every nerve to suppress the difficulty by caustics, snares, cutting, etc.; failing to touch the source, it proves powerless, however. Such troubles arise only in systems greatly run down, and hence cutting can do little and no lasting good and can only be of temporary benefit at best. Hygienic means are the only rational and effective ones. Before cancer develops, come minor ailments; if these were not suppressed by drugs, but were radically cured by hygienic measures, severer ailments could never develop.

not to be found everywhere. Dr. E. B. Foote writes "Dr. Knife has performed operations in cutting out tumors; in removing an entire nose, and making a new one; in taking out a portion of the jaw; in taking somebody pretty much all to pieces and putting him together again, etc. etc; all of which operations have been duly chronicled in the columns of the daily press, and excited the surprise of the multitude." What benefit—to the mass of humanity can accrue from such a performance? Simply none.

Besides, actual harm is attached to these great operations : namely, the medical men raise such an immense hue and cry over it that they will put to shame a hen cackling after performing the marvellous feat of laying an egg. They blow themselves up, and strut about like peacocks, and talk of themselves as : 'Yes, indeed, we doctors . . . !' By such blustering bombast they throw sand into the eyes of the public, creating an impression as of wonderful skill, and by such tricks they draw the people's attention from the true point at issue, *viz.* : of what *practical* value are such operations? What causes led up to them? Could they not have been avoided entirely etc.? They thus act the part of regular mountebanks and jugglers, who by their incessant talk and manipulations draw the attention

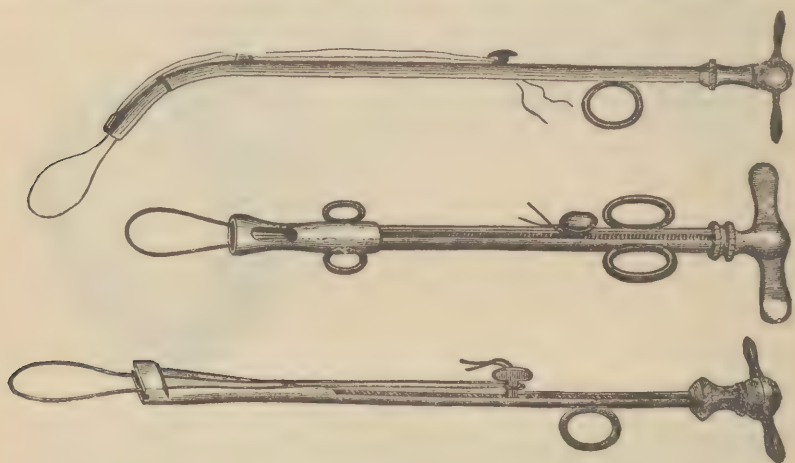


FIG. 121. *Snares*. These are instruments for removing certain growths, *e. g.* polypi, from the nose, etc. If the surgeons had not so many instruments, they would probably pay more attention to the prevention of such growths. All unnatural excrescences can be prevented and cured by hygienic measures. Surgical treatment is deemed necessary on account of the surgeons lacking deeper insight into the nature, cause and origin of polypi, tumor, cancer, etc. No healthy body brings forth such abnormal growths.

of the audience away from the point that would allow an insight into their deceptions. We can see these wonderful operations in no other light than as childish and useless tricks.

It can be shown that most cases, which require an operation, are the results of trifling ailments which medical emperics could not cure, and which ran into ulcerations and degenerations on account of their poisonous drugs. They know of no other way of relieving the patient than by cutting away

the offending limb. *Under natural methods, amputations and operations are never thought of.* In many cases, while on the very point of having an operation performed (for life or death), patients have been restored thoroughly by the Water Cure. (FIG. 122.) In the case of accidents, surgical aid is indispensable; but no knife is required; and in cases

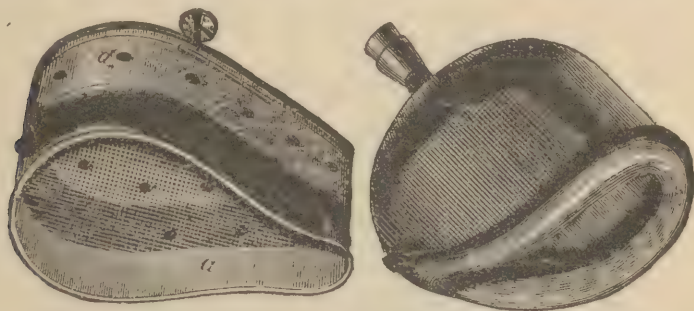


FIG. 122. *Instruments for administering chloroform, etc., for the purpose of putting patients in an unconscious condition. Then the surgeons have them at their mercy and can mutilate them to their hearts' content. Every measure of the drug school is a slap in the face of common sense. Common sense would devise means of avoiding pain and disease altogether; it can easily be done by living rationally, and by Water applications; no mutilation is ever required. Since the introduction of the pain-killers (anodynes, anæsthetics, etc.), the mutilation of the human race, and specially of the females, has gone beyond all bounds*

where hygienic measures fail, it is because irreparable mischief has been done by medical drugging. Where the natural means fail, no knife or saw ever avails. The *anti-septic treatment for wounds*, of which the drug schools are so proud, and upon which it looks as a great achievement, *is on a par with their drug poisoning*. Open sores, which under the anti-septic treatment are kept suppurating for years, close under the natural system in a few months. When this takes place, the poison has been radically driven out of the system. If people would live properly, refuse drugs and clean their systems in time, the drug men would have no occasion to use a knife.

The extent to which surgery is practiced to-day, we consider to be an outrage. Let us give a few instances. A great deal has been written about the *Hunchback or Pott's disease*, but no physician has ever thought of the (FIG. 123.) *cause of this affliction*. It is generally attributed to a fall or some other injury sustained. The young of wild beasts doubtless have their falls and injuries, but was ever a buffalo or wild horse seen with a

hunchback? The hunchback develops gradually. From some cause or other, an inflammation sets up in the substance of the vertebræ. All the foul matter in the body is drawn to that particular spot, and a portion of the bone is destroyed. As the entire body is upheld by the spinal column, a collapse must finally ensue and a bend takes place, the hunch-

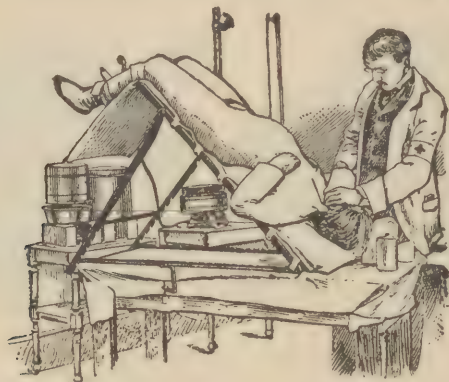


FIG. 123. *In their Clutches*; the surgeon applying the anæsthetic. No sooner has the patient become unconscious, then the operator cuts lustily away. But what once has been cut off, can never be restored. It is this unconscious state of the patient, that tempts the surgeons of to-day to use the knife for every trifle. It makes our thoughtless drug poisoners careless of looking for more rational means; or of studying the causes that lead up to such a severe condition, and how to avoid them by natural measures. Millions of people are thus mutilated for life on account of the stupidity of our licensed quacks. If a person is inclined to take cold, the drug physician recommends plenty of clothes and flannels. These stifle the action of the skin which, if inoperative, retains the gaseous effluvia; as then this effete material has to be removed by the lungs or kidneys, this puts extra labor on these organs, causing lung and kidney troubles. But if these organs also refuse to remove the liquid effluvia, their solid portions may attack any organ of the body. It is then that the drug people think an operation necessary. Thus it is with all operations. They have been made apparently necessary by medical mistreatment, but they appear *necessary* only to the drugging profession, who know nothing of the cause of the trouble, and who, in their superciliousness ignore our simple, natural mode of treatment.

back is irremediably established. Could it have been avoided or cured? Most easily and positively, by natural methods, as mentioned above. Animals have no hunchbacks and this condition should be unknown among men also. It *would* be unknown, if man had not deviated from his natural mode of living. If the injured had otherwise been well, a hunchback would never have developed. There would merely have been a slight, temporary inflammation. But the blood of the child was vitiated

on account of its wrong feeding and keeping. The blood is the vehicle of the life principle, but it is also the carrier of corrupt matter. The more inflamed a portion is, the more blood is there; and if the blood is impure, the more foul matter is there in that spinal part. This morbid substance causes ulceration by destroying the vertebræ, and the hunchback is an accomplished fact. How can this be cured or avoided? By purifying the blood in a natural way. There is no other method possible. (FIG. 124.)

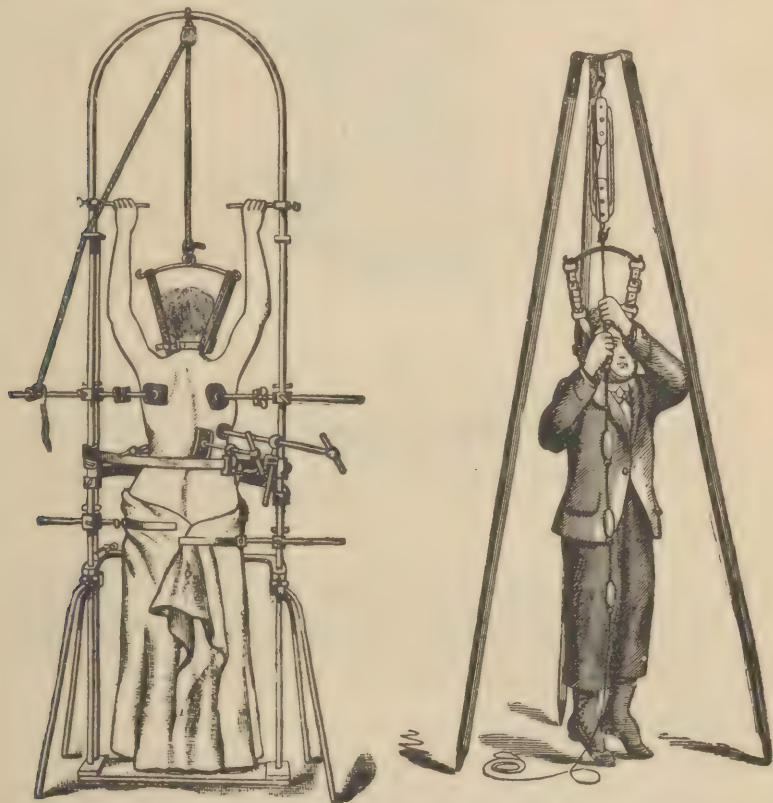


FIG. 124. Orthopædic Instruments for correcting malformations. We look upon them as useless and ineffectual instruments of torture. All such defects are easily and positively corrected by simple and natural methods of Cure.

But for the impure blood, no hunchback could ever develop. As soon as a child begins to complain of a pain along the back, a thorough cleansing of the system should be undertaken. But of this simple and common sense

mode of prevention, the surgery of to-day knows nothing. How do our wise drug people attempt its cure? The poor victims are subjected to the perverse, persistent, and useless method of heart-rending tortures, termed 'orthopædic treatment.' Are they ever cured in that way? Ask the afflicted. (FIG. 125.)



FIG. 125. *A useless experiment.* All such implements as these which the drug people employ show, that they never for a moment consider the cause of such troubles. Presence of foreign matter is the cause, taken into the system by perverse feeding and living, and by drugs. Cure is only effected by cleansing the system from its impurities and drugs, by our natural means.

Hip Disease has the same cause, as hunchback, namely vitiated blood, which is the result of perverse living. By natural methods, it is readily cured. What do medical men do for it? They lay the poor sufferer for weeks and months on the stretch-bed, suspend heavy iron-weights on the legs to keep them from growing shorter (They do not seem to know that the arms of mariners, who pull and pull, are not longer, but shorter than the normal); they scarify the limb; they make cuts from the knee up to the hips and down to the bones; till at last death releases the wretched creatures from their terrible suffering. This is almost the invariable outcome. Their poor success does not daunt our great surgeons for a mo-

ment; they persevere in this scientific (!) treatment with every such case, no matter how many are thus butchered to death. In the more favorable circumstances the patient will retain a short leg and remain a cripple for life. Entire recoveries are rare. (FIG. 126.)

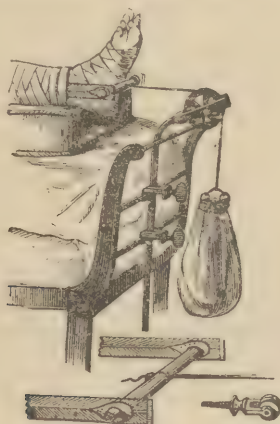


FIG. 126. *The Surgeon's treatment for Hip Disease.* A patient has to lie on his back, day and night for months, his leg being extended by heavy weights. Mariners whose principal exertion is pulling, have abnormally *short* arms; and hence this method of our wise drug people rather tends to *shorten* the legs. In fact their entire treatment is perverse and usually terminates fatally. But our great surgeons are by no means abashed by their failure; they continue to treat all comers after the same fatal routine. Under Water Cure this disease becomes a trifling affair.

WE QUOTE A FEW CASES FROM J. ARMSTRONG, M. D.

"AN OVARIAN TUMOR."

"A trip of over one hundred miles was made to get the benefit of what was considered the best of skill. She was carefully examined by the President of a Medical Institute, and the case diagnosed as above, but no hope whatever was given that she could recover unless an operation was performed which would cost \$500.00. Another physician of learning, experience and quite extensive practice is consulted, who diagnosed the case the same, but did not mention the first thing that could be done to cure the malady outside of an operation. The third physician who was consulted was also a man of liberal education, of thirty years' experience in practice and a relative of the patient—same results. The superintendent of a large hospital was then seen in reference to the case, with no better

encouragement, and another physician that examined the case, when asked what was the cause of Ovarian tumors, replied: 'That is something that medical science has not yet explained.' She at last decided to have her case treated by one that had acquired his knowledge *outside* of medical colleges (What the drug people unjustly call 'a quack'), and here again it will be interesting to know just what was done and what the results were. First, it was arranged so that she was relieved of most of the care and worry of looking after her business. Second, the quantity of food was cut down less than one half, and a change made for a quality that was easier digested and assimilated. "Besides, some applications of plain water were used." In less than one week of this simple, common-sense treatment, there was a decided improvement; for the swelling that had for years been increasing, began to go down, and in less than three months' treatment, the patient could walk around with comparative comfort, and the following spring took charge of a business and did the work of a strong, healthy woman."

From 'Life Saving a Crime' by J. ARMSTRONG, M.D., 683 W. Van Beuren Street, Chicago, Ill.

A YOUNG WOMAN'S NARROW ESCAPE.

"The patient was a sweet looking girl of sixteen summers, but the thin, pale and care-worn face told to the close observer that her young life had seen much of trouble and suffering. Her widowed mother had been an invalid for eight years, and during most of that time upon Annie alone had fallen the struggle for bread.

"An eager crowd of several hundred medical students thronged the amphitheater at — College, said college being in connection with the — Hospital; there were grand opportunities for witnessing hundreds of brilliant operations by the students attending said Institution.

"Annie's case was one of unusual interest, for it had been announced that on the following day an operation would be performed by cutting out the ends of the bones at the elbow that had become so stiff that it could not be bent." She had, while going to work one cold "wintry morning, slipped and fallen, injuring the elbow-joint of her right arm. Having been advised to consult Doctor C—— he told her that if she would go before the medical class at the college clinic the treatment would be free.

"For many weeks Annie had attended the college daily and, seated before the students, Professor C—— had now delivered forty lectures over this poor arm. Twenty-five of the college faculty—considered men of

great medical knowledge—had agreed with Dr. C—— that the arm was incurable, and to-morrow at two o'clock the patient was to be chloroformed and in the presence of the students the ends of the bones at the elbow were to be cut out and an attempt made to form a false joint.

“ Before the hour set for the operation every seat in the amphitheater was filled. Promptly at two o'clock the great surgeon stepped before the class and was applauded as usual, when about to perform any brilliant surgical operation. Hastily glancing around, he asked why the patient was not ready. He had a long white apron on to keep the blood from staining his clothes, and was impatient to begin. Just at this moment a messenger entered with word from Annie that she and her mother had decided not to have the operation performed, and stated further that on her return from the college the day previous she had, from want of food and the thought of the horrible operation, fainted on the sidewalk. A kind-hearted nurse carried her to her home across the street, applied restoratives, and as Annie recovered, bathed her stiffened arm in hot water, and explained to her, that by simple treatment her arm might yet be cured, while if she underwent the operation she would be a cripple for life.

“ This was a great disappointment, not only to the students, but also to the Professor. He also pointed out that the nurse that was rendering the girl assistance was violating the medical law of the state. ‘For,’ said he, ‘the following is the language of the state law: ‘Any person shall be regarded as practicing medicine who shall treat, operate on, or prescribe for any physical ailment or another.’ ‘Young gentlemen,’ said he, ‘you must in your practice see to it that this law is rigidly enforced, so you can protect the people from ignorant persons imposing unscientific treatment upon them, and I shall make complaint immediately so as to put a stop to any treatment that this nurse, whoever she is, may prescribe, and have her prosecuted at once for violating the law of the state.’

“ At the end of three weeks Annie called at the elegant office of Dr. C—— and after awaiting her turn in the reception room for two hours, he asked her into his private office. Her arm, with the simple treatment of hot fomentations, and gentle rubbing with hot olive oil during the three weeks, was sound and well. Was Dr. C—— pleased? Not a bit of it, and Annie wondered at the cool reception and the short interview. Did he explain to the hundreds of students next day at the college that the arm was cured and the means used? No, reader; not a word about it. To have done so would have shown that the forty lectures he had delivered over this poor arm, and the opinion of the twenty-five professors in the college who considered it incurable, was only hypothesis piled upon hypothesis, ab-

surdity, contradiction and falsehood. A celebrated medical professor truthfully said: "It is owing to our ignorance, gentlemen! It is owing to our ignorance that instruments and operations are necessary."

"Forty lectures of one hour each had been delivered teaching them how *not* to cure it. Is it to be wondered at that Dr. Warehouse, after teaching medicine in Harvard University for twenty-one years, resigned, saying he was sick of learned quackery. Is it to be wondered at, that when men are annually graduated by the thousand, after having received *such* teaching from our large medical colleges, that their practice should *inflict* untold misery on their patients?"

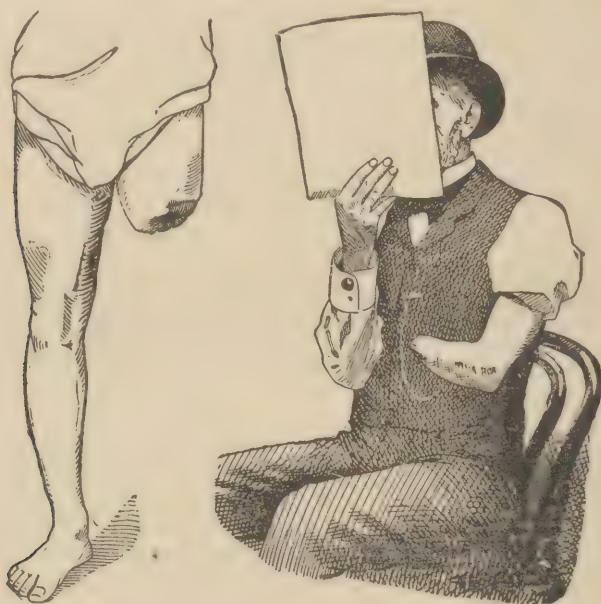


FIG. 127. *Crippled for life*, because the drug physicians did not know how to change the morbid condition of the limbs into a normal one by simple and natural means. Nature Cure would have saved the limbs. If people are cut up mercilessly, it is what they deserve, for allowing a class of people, for whom language lacks adequate expressions, to remain in power; every 'one of these pitiless practitioners deserves hard labor for life. No ferocious beast in its most cruel acts compares with the unscrupulous atrocities of the drug fraternity.

Scarrifying mentioned by us in connection with Ischiàs, is resorted to by our great operators, and consists in burning a patient with red-hot iron till the house is filled with the stench of cooking, live, human flesh.

Not every practitioner has the heart to do it; it is only those who as boys derived great pleasure from torturing animals, and of whom it was predicted that they would make great surgeons; during the middle ages, we have no doubt, they would have donned the garb of public executioners, and taken delight in quartering people and dispatching them with the wheel. In those early days it was done by law; it is done so to-day. Our medical laws, made by people wholly devoid of even rudimentary knowledge of the laws of health, have empowered a class of people, who know as little about this matter as themselves to torture and maim people to their heart's content. It is a clear remnant of the dark ages, and would be quite unnecessary if rational methods were adopted. Several people so tortured have come finally to us; they had derived no benefit whatever from the operation, but endured great pain, at much expense. Scarrifying produces a nervous shock; which may lead to a shifting of the foul matter, and thus a seeming benefit may be arrived at in some cases. But the shock involves a loss of vital power, of which force a second portion is expended by the effort which the body is making to heal the wound. At best, the benefit is only apparent and temporary, because the primary cause of the trouble is not removed by the process. The actual harm, however, is unavoidable. If these great medical lights should receive a good sound bastinado for every case of scarrifying, we think, they would soon quit their barbarous measures of cure, and look for more rational and effective ones. (FIG. 127.)

How often does it happen that a person is operated on for a trivial complaint; while under the knife, he makes a slight movement; an artery is accidentally cut, and he bleeds to death. No harm is done; at least not to the operator, he is protected by the law. The law having been formulated by the drug schools, and being viewed through the spectacles of our legalized quacks, the operation is deemed necessary. But those people, who have attempted to trace all forms of disease to their primary cause, and to treat them from this point of view, consider all operations unnecessary and unjustifiable, and a perversion of nature. A person who thinks he can fall back on surgery as a last resource if all others fail, will have no incentive to look for more rational methods. Besides, there is plenty of money in operations: for some kinds, hundreds and thousands of dollars are paid. (FIG. 128.)

A disease, such as *cancer*, like any other severe trouble, *c. g.*, blindness, can only develop in a system thoroughly degenerated; and only continues because the drug people with all their thousands of poisons are unable to stop the difficulty either in its beginning or at any later stage;

in fact, as we look at it, the affections grow more and more desperate *on account of* continued drug poisoning. At one time a woman came under our treatment for cancer. She suffered with dizziness, nervousness and headaches; there were large brown blotches on the left cheek. Greatly troubled with the urine, hives and itching; hair falling out, catarrh; constive, goes 2 or 3 times only per week; no knee-jerk; stiff in limbs; suffered with lumbago; pain in left ear for 6 months, hard of hearing. The entire body charged with corrupt matter; had bleeding piles; used to have lucorrhœa; sleepy feeling of all limbs for years. Eyes dull, brown rays around pupil indicating liver trouble. Breathed through mouth. Hard lumps in both breasts, especially the right one. Some great medical lights of the City of New York promised cure by drugs, but the patient growing steadily worse, she was finally told in the Cancer Hospital that the breast should be removed immediately. But instead the patient came under our treatment, and has improved in every way within a few months; an operation will never become necessary. (FIG. 129.)



FIG 128. *The usual result of "a most successful operation."*

Appendicitis, like the microbe theory, is one of the scape-goats of our ignorant drugging profession. Formerly, such cases were very rare; to-day, they are as common as rain-drops. Suppose a person deranges his bowels a little, a trifle that safely passes off in a day or so if left undoc-tored, or, better, if an enema of plain cool water be taken. Instead, the patient applies to some drug poisoner. In nine cases out of ten, he diag-noses appendicitis. This is a very clever trick, as under his poisonous treatment any symptom may turn up and prove fatal, the odium of his ignorance appears less glaring in case of an unhappy termination. And if the patient should recover despite the poison, he believes his drug quack has saved his life. Yes, indeed, a clever trick.

Any work can be done either in a proper, or in a perverse manner. Now, as far as so-called medical science is concerned, nothing is easier than to prove that it always has chosen and always will choose the *wrong course*. Because the entire idea on which it is founded, is irrational, namely, that a sick person can be made well by poisoning him.

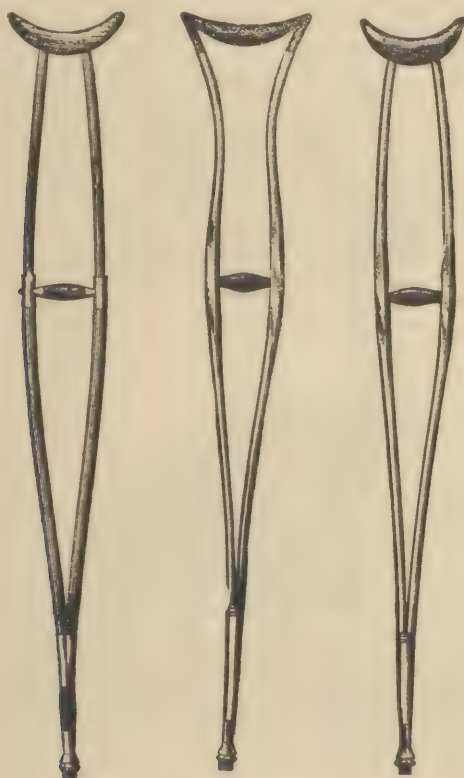


FIG. 129. *Substitutes for limbs*, provided by quacks because they can not cure, and so amputate the limbs. We say, operations are always a sign of ignorance on the part of the operators; and we are sustained in our opinion by the first surgeons of the world.

Let us describe a case of *Carbuncle*. You know that many persons die from blood-poisoning consequent on the cutting of such a boil. Once, a prominent citizen of New York, of fifty years of age, had such an ulcer on the nape of his neck, the size of his two fists. Under general and local water applications, the carbuncle opened spontaneously in several

places, discharged matter and blood copiously for a few days, and then diminished. Within a week, it developed once more. This time, vigorous applications to the abdomen, did not let it come to a head; and it rapidly subsided. Within one month, the whole trouble was over; the wound was healed; no scar was left, and as hair grew on the spot again, not a trace of the carbuncle was left. By our mode of treatment, the life of the patient had not been jeopardized by an operation, and his entire system was considerably cleansed. (FIG. 130.)

Our simple, but common-sense method has saved many a limb, and many a head, that had already been doomed to the knife. In reference to *Ulcers*, Kneipp writes: "The impure blood must be purified; and to do this, a good wholesome diet is essential." This seems to imply that this popular healer counts an improper diet amongst the chief causes of ulcers, and he is right.



FIG. 130. *The Invalid.* Under the drug system people become confirmed invalids for years in their prime of life; and are not only useless members of society, but also require the constant services of other people. If Natural Methods were resorted to in time, this condition would be practically unknown.

In case of *varicose veins and milk legs*, the drug physician called on, does not consider the unhealthy state of the blood, arising from perverse living as its true cause, hence the thought of improving the blood hardly enters his mind. If it does, he experiments with his poisons, thus spoiling the blood still more. As a rule he contents himself with treating the legs alone by salves, and by recommending the use of rubber-stockings, etc. Did the drug people ever effect a cure in that way? Not one. The drug prescribers in this respect appear to us like a herd of sheep, utterly devoid of any thought of their own: one tries a certain course, all the rest follow.

Our skin contains innumerable small openings, called pores; and it is most essential to a person's health, that they shall be kept open, as they throw off foul matter and take in pure air. But how can they do either, how can the leg become well, if a person closes the pores air-tight by rubber-stockings? Mortification (gangrene) and all the most frightful conditions are the result of such irrational treatment. Wild beasts live properly and have neither varicose veins nor milk-legs.

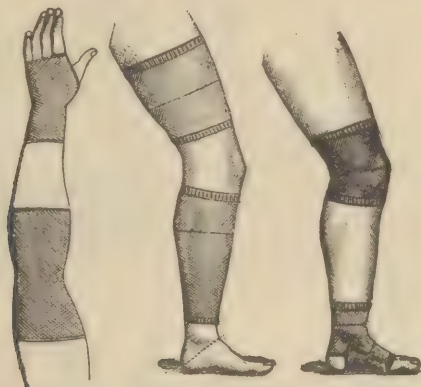


FIG. 131. *Elastic Bandages.* Recommended by M.D's., for varicose veins. It is a mere makeshift, as no varicose veins are cured thereby. But as the rubber closes the pores of the skin hermetically, forcing the effete gases back upon the system, those bandages are fruitful of great danger to the health of the patient. Varicose veins are caused by obstructions in the veins and by an abnormal distribution of the blood. Both conditions are easily corrected in the beginning by Nature Cure processes. At any rate, these means are the only rational and effective methods to bring about a real cure; the Nature Cure knows no makeshifts.

Some centuries ago the drugging people endeavored to penetrate into the mysteries of the vital forces that govern life, by flaying horses alive, tearing off their hoofs, and subjecting them to every conceivable cruelty, these revolting barbarities being continued till merciful death released the inoffensive sufferer. And these barbarities are still in vogue to-day. After such an apprenticeship, we can not feel surprised that the drug profession is still so fond of the knife, saw, and forceps, and that it has adopted besides a thousand poisons for the purpose of alleviating pain. And is it true that amputation puts an end to pain? Only one amputation does—that of the head.

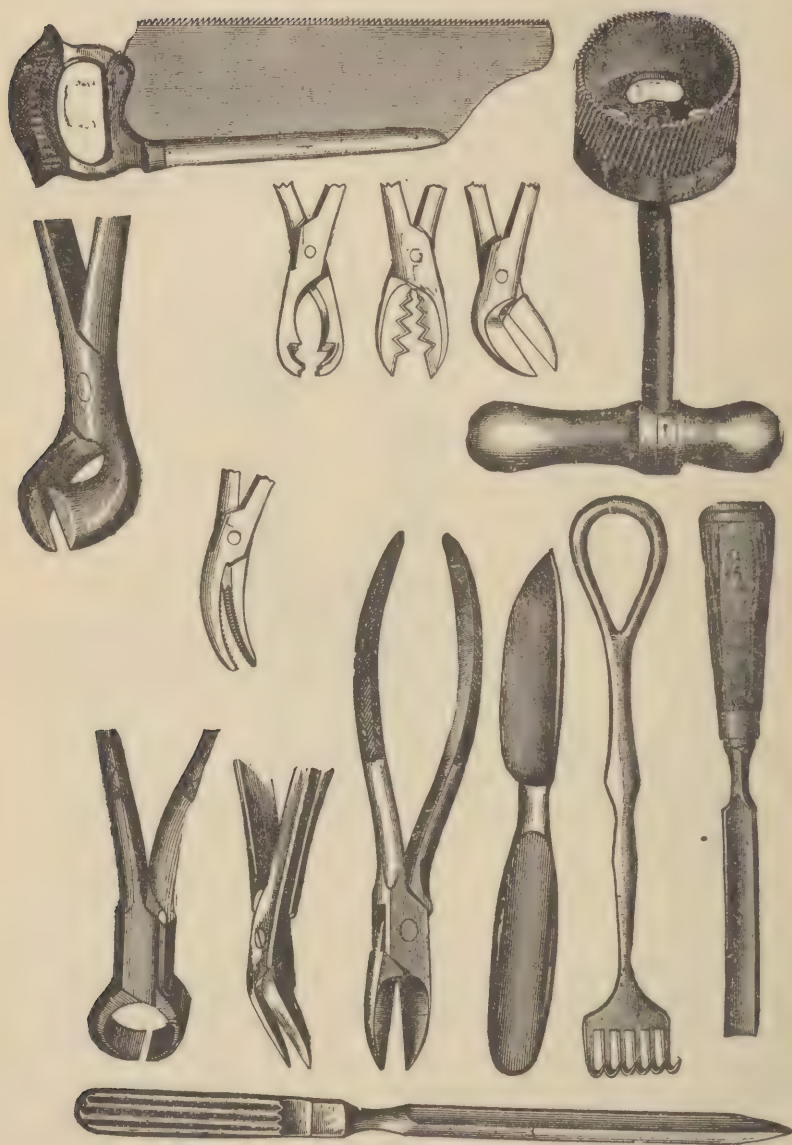


FIG. 119. A few only of the countless instruments for the mutilation of patients.

WATER CURE AND DRUGS COMPARED.

CHAPTER 25.



WE sometimes call our treatment Water Cure, for the sake of brevity ; in reality we use every natural means of curing. Our first effort is of course directed toward keeping out of the system foreign substances; this we accomplish by giving only proper food. Our second endeavor aims at dissolving and eliminating the foreign deposits,—the cause of *all* disease,—from the body. For this purpose we use massage, physical exercise, Swedish movement cure, light and air baths, water applications, and mental healing ; the last named, however, only to the extent of appealing to the intellect of our patients, and enabling them to see the rationale, the common-sense method (Fig. 129.) of our treatment.

Dr. R. T. Trall writes of our sytem as follows :

“ The true system of the Healing Art—Hygienic Medication (treatment is meant)—rejects not only the drugs, medicines, or poisons of the popular system, but also repudiates the philosophy or theories on which their employment is predicated. It is in direct antagonism with the drug system both in theory and in practice.” It proposes to employ air, light, temperature, water, etc., in preference to drugs, because they are nature’s agencies and better and safer than drugs. “ It rejects drugs because they are intrinsically bad, and employs hygienic agencies because they are intrinsically good. I would reject drugs if there were no other remedial agents in the universe, because if I could not do good, I would ‘ cease to do evil,’ I would not poison a person because he is sick. No physician has ever yet given the world a reason that would bear the ordeal of one moment’s scientific examination, why a sick person should be poisoned more than a well person should ; and I do not believe the world will endure until he finds such a reason. The medical profession may prosecute



FIG. 129. *Instruments of Midwifery.* A few of the countless instruments invented by the drug people for delivering a sickly human race into the world. Not one of them ever thought of trying to discover a method of making parturition easy and devoid of danger, so that females would have no cause to look towards their delivery as if it were their day of execution, which is the attitude to-day under the

this inquiry another three thousand years, and destroy hundreds of millions of the human race in consequence of experiments with drugs and doses, but they will never arrive any nearer to a solution of the problem. They will never be able to give a satisfactory answer to the question, for none exists."

There are some honorable physicians who discard drugs in all forms of acute disease, such as scarlet fever, croup, cholera, diphtheria, etc., relying exclusively on hygienic means; in this way, their success has been remarkably increased. "To this testimony I believe there is no exception on all the earth in all the ages."

The same forms of disease (or rather 'efforts at cure') are called by the profession, self-limiting diseases, because, if once established, the 'regulars' have no drugs to abridge or alter their course; the safest plan for them is to leave the disease alone, or to prescribe some neutral substance merely for worldly effect. But Water Cure can stay their ravages at any time.

The drug profession rarely attempts to instruct people how to avoid disease; and as a rule, their so-called hygienic directions have rather the opposite effect.

Seb. Kneipp, referring to swollen feet, says: "That which *medicines* cannot touch may be attained by Water with the best results; and it seems a great pity, therefore, that the public at large and also the medical profession know so little of Water and its applications."

For Poverty of Blood and Chlorosis, Iron is prescribed; when taken in the form of a tincture, it corrodes the teeth. If a substance is able to destroy the enamel of the teeth, what havoc must it play with the soft tissues of the stomach and intestines! Indeed, the Iron procured from the drug shop, only spoils digestion and makes the patient weaker than before.

(Continued from Fig. 129.)

present ruling system of medical perversity. Wild beasts, for instance rabbits, produce quite a number of young ones at a time, without any difficulty, or any aid, and there are no bad after-effects. Thus it ought to be with the human species. This idea of making child-birth easy, safe, and normal, originated chiefly with the non-professionals, and non-regulars. The regulars content themselves with inventing new instruments with which to salute the new citizen. The wonderful contrivances of the *drug doctors* make the state of motherhood a curse instead of a blessing. Speculum examinations of the female organs resorted to nowadays for every trifling headache, toothache, etc., are outrages against feminine chastity for which the unscrupulous and licentious perpetrators should be sent to the penitentiary. We maintain that the necessity for such an examination should never arise.

Whereas plain food, pure air, sunshine, and exercise, will cure the patient in a very short time.*

Water Cure also makes us independent of the adulterations to which drugs are exposed, which renders drug medication so extremely unreliable and dangerous.

The chief beauty of the Water Cure consists in the *fact*, that by its adoption, chronic forms of disease will become impossible, and acute cases will be rare, as a natural mode of living will prevent them from arising. Dr. Trall again says that our methods predicate "a philosophy and a practice of medicine which is correct in science, in harmony with all the laws of Nature, in agreement with every structure and function of the living system, and successful when applied to the *prevention* or *cure* of disease."

Now the drug profession, we all know, try new remedies, not on themselves but on others; what are our public hospitals and dispensaries, yes,—our very medical colleges,—but huge experimental institutions where fatal experiments are made, not on inorganic matter, but on the vital power of human beings?

The drug schools, experiment on their patients, the author in training his new assistants, allows them to experiment on himself, knowing that they can do him no harm. Drug physicians though lavish in the use of drugs on others, take them but sparingly themselves.

Water, on the contrary, is not only a remedy, and a universal one at that, but also a preventive of disease; and the more frequently and lavishly the physician, as well as his patient uses it, the better for both. What a marked difference! Anyone whose judgment is unprejudiced, must see at a glance on whose side the true art of healing is.

Drugs drive unhealthiness back into the blood; Water draws it out to the surface, and expels it altogether.

In order to effect a cure, *Water has first to cleanse the system of the medicine; in other words, Water has to remedy the mischief done by the prevailing system of medication.*

Dunglison in his medical dictionary, defines medicine as "a science, the object of which is to cure disease and the preservation of health." Medicine has failed signally in both these objects. But Water Cure accomplishes the two ends; thus we see that *Medicine is no science, but that Water Cure is.*

* In Positive Prevention and Cure of 'Tuberculosis' we have shown that anæmia does not arise from a lack of iron, and that the prescribing of this drug is quite unphysiological.

If the Natural Methods of Cure are true science, we do not mean to say that all the people who employ this mode of healing are scientists. This condition of affairs is not yet attained, but aimed at.

Dr. Trall, originally a drug doctor, says in his 'True Healing Art' : "All history attests the fact, that wherever the Drug Medical System prevails, desolation marks its track, human health declines, vital stamina diminishes, diseases become more numerous, more complicated, and more fatal, and the human race deteriorates. On the contrary, wherever the Hygienic Medical System is adopted—and there is no exception—renovation denotes its progress, and humanity improves in all the relations of its existence." "Remember it is all schools of medicine, as well as each individual practitioner of which we speak, when we say that the less faith they have in medicine, the more they have in Hygiene; hence those who prescribe little or no medicine, are invariably and necessarily more attentive to Hygienic conditions—to good nursing—which always was, and ever will be, all that there is really good, useful, or curative in medication. Such physicians are more careful to supply the vital organism with whatever of *air, light, temperature, food, water, exercise, or rest*, etc., it needs in its struggle for health, and to remove all vitiating influences—all poisons, impurities, miasms, or disturbing influences of any kind. And this is *Hygienic Medication*: this is the *True Healing Art*. Nor God nor Nature has provided any other; nor can the Supreme Architect permit any other without reversing all the laws of the universe, and annulling every one of His attributes. "And Florence Nightingale! For what purpose did she pitch her tent and make her abiding place amid the stench and contagion of camps and hospitals? Only to teach our fundamental truths, only to show the British surgeons, the first laws of health: only to instruct the graduates of the first medical schools in the world in the simplest maxims of plain, unsophisticated common sense; to show to medical men of learned lore, and scholastic honor, and high-sounding titles, and large experience, and many degrees, that invalids cannot breathe without air; that personal cleanliness is essential to the successful management of disease; that water, and light, and equable temperature, and rest, are requisite to correct morbid excretions, restore normal secretions, purify the vital current, and dissipate and destroy the ever-engendering miasms and infections of such places.

"The British surgeons could amputate limbs admirably, dress wounds skillfully; bleed dexterously; mercurialize strongly; narcotize effectually; give quinine, morphine and strychnine hugely, and administer arsenic

powerfully;* but they could not purify—and purification was the one thing needful in most cases.

“The medical profession holds a most false relation to society. Its honors and emoluments are measured, not by the good, but by the evil it does. The physician who keeps some member of the family of his rich neighbor on a bed of sickness for months or years, may secure to himself thereby both fame and fortune; while the one who would restore the patient to health in a week or two, will be neither appreciated or understood.” “And the Red Cross Society,—what is the corner-stone of its great work among mankind,—but this same cleanliness, which is ours,—Cleanliness of Body, Soul and Mind!”

It is evident that no friendship can exist between us and the adherents of medicine, that there is no neutral ground on which the medical schools and we can meet, no link between the drug system and the natural methods; they are antagonistic from start to finish; it will be a “survival of the fittest,” and we do not fear the ultimate issue. All we need is the enlightenment of the masses as to the *evil* of the drug system, which *must* fall.

People not initiated in the Water Cure system, wonder how Water can cure, where drugs fail; this is simply because in the very nature of things drugs are poisonous, whereas water is harmless. But water is not only harmless;—that it can be made very powerful and of great benefit to the human system is shown in the fact, that the body consists of 80 per cent. of water; *i. e.*, the body of a person weighing 150 pounds, contains 120 pounds of water.

A person in a swoon, is often restored to consciousness by a few drops of water dashed into the face. (FIG. 133.) Thousands of years ago, people produced steam by boiling water, but the method of applying steam as a *force*, was first practiced about a hundred years ago. There was always fuel; but the method of transforming its energy into electricity is a discovery of the most recent times. Such is the case with the Water Cure. People have always had water, *but the art of employing it for curative purposes, is almost exclusively a discovery of the present century.*

On the perfection of this discovery we are still bent. In Germany alone, innumerable books have been written on this subject. It is quite an extensive study, and in fact, in all its branches, is almost inexhaustible, as long as people persist in making themselves sick. Within the last ten years, about a hundred volumes have been written on this method of treating disease. Hundreds of Water Cure Institutions are now established

*Our doctors have increased their list, but not their success.

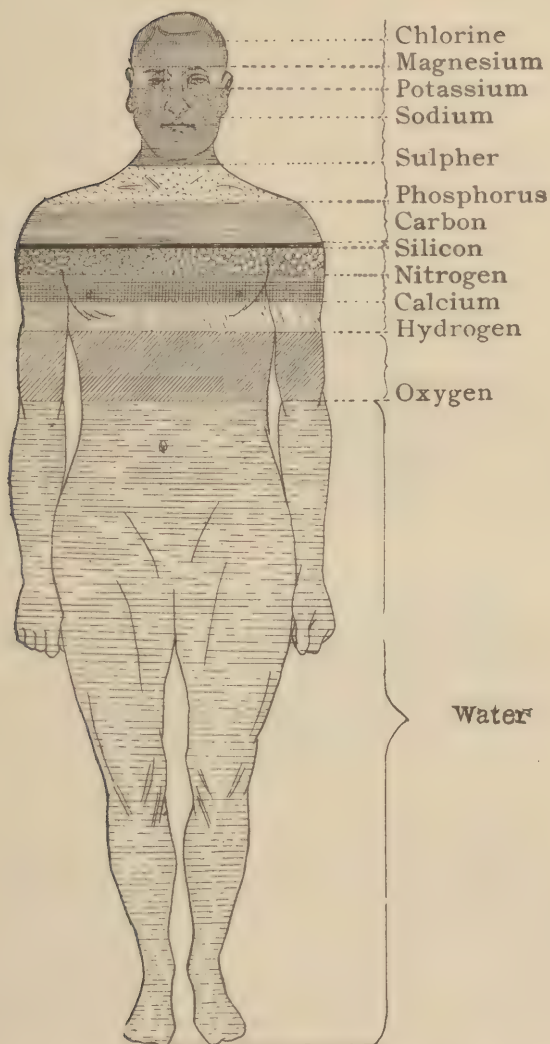


FIG. 133. *Chemical Elements of the human body.* Our body does not contain Mercury, nor any of the thousand different compounds of the drug shop. The public at large cannot imagine why Water should have the wonderful powers, that the hydropathists claim in cases where the potent drugs fail. But from the above cut we see that water forms by far the largest portion of our system when compared with all the rest taken together. Water, when employed externally, is partly used as a vehicle for heat and cold, and partly as a solvent..

throughout Germany. Many of these are actually under the management of Doctors of Medicine, who, however, have discarded drugs as worse than useless. To Kneipp in Wörishofen alone, from 15 to 20 thousand patients, suffering from the most severe forms of disease, used to resort annually, from all parts of the world. The fact that Water Cure has spread so rapidly, is a proof that times are now ripe for it; that *people tire of a system that will kill but not cure.*

Every enlightened person realizes that Medicine has failed in its mission to cure; the public, therefore, are obliged to look for a more rational mode of treatment, and such a one is undoubtedly found in the Water Cure. This circumstance explains the surprising phenomenon of its rapid spread. In a pamphlet, we read about S. Kneipp. "The village is full of the lame, the maimed, the blind, the disfigured (especially from lupus), the sick, many of whom have exhausted the resources of ordinary medicine, and who have come here as a forlorn hope, many hundreds of whom have returned cured. His diligence, unselfishness, and humility are remarkable, as also is the absence of obsequiousness to persons and his total indifference to his so-called pecuniary interests. It was possible for Father Kneipp to become a very wealthy man had he accepted one half of what had been offered him for his services; he is content to live in the utmost simplicity on his small benefice, and charges the most absurdly small fees for his advice." (FIG. 134.)

Drugs are injurious from beginning to end. With Kneipp, the good he does by his Water Cure Processes, is counterbalanced by his perverse and contradictory directions regarding diet and beverages, his leniency as to the habit of smoking and the use of alcohol, but above all his adoption of herbs, salves, pills and powders. In this way, he involuntarily gives every aid to unscrupulous speculators in these articles, who lay all the stress on the use of the drugs and represent the Water Cure as secondary, whereas Kneipp distinctly says that all the curative results can be obtained by Water alone, without the use of herbs. In a letter to Rev. S. Kneipp, we submitted four cases of different forms of disease, of such desperate character that we find no corresponding ones in any of Kneipp's books; we also stated that it had been our aim to prove the curability of even the worst cases, with water alone, rejecting absolutely all artificial assistance from such sources as herbs, pills or salves of any kind. Thereupon, we received the following answer: 'The successes achieved by you are very satisfactory, and we wish you countless more to follow.' We see, Rev. Kneipp was liberal in his views regarding drugs; it is principally the speculators who misrepresent his intentions. With the exception of

the bandages and wet packs, all of Kneipp's applications, *e. g.*, the various douches, short sitz-baths, etc., all stimulate the vitality, and loosen the foul matter, but do not remove it as promptly. The consequence is, that patients, either while with Kneipp, or by treating themselves according to his books, are often thrown into a violent crisis, which Kneipp was as much at a loss as to how to control, as his patients. Hence, many serious failures arose. Kneipp's phenomenal success, as far as fame is concerned, is

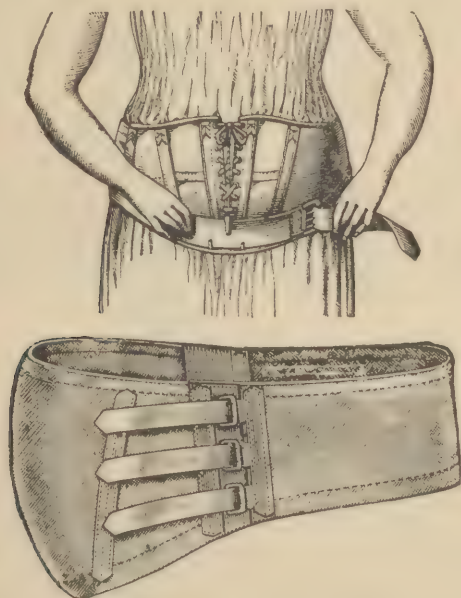


FIG. 134. *The Abdominal Supporters* are makeshifts of the drug schools for weak abdominal muscles. These supports have to be worn as long as a person lives, and the weakness of the muscles is thereby constantly increased, because they are not practiced. Our natural diet and suitable physical exercise, calculated to strengthen those muscles, are the rational mode of overcoming the trouble permanently, which is by us accomplished in a few weeks or months at the most.

due to the fearful monstrosities of the drug schools; compared to which his method shows a vast progress, despite its shortcomings. In our opinion, his mode of cure can hardly be called a system; it is conglomerated of diverse, disconnected processes, half beneficial, half obnoxious; but which nevertheless shine forth in dazzling brilliancy when placed side by side with the results of the drugging fraternity. (FIG. 135.)

In a circular by Dr. Keller, M.D., we read: "No one should imagine for a moment that such remedies are not sufficiently powerful. There are no remedies of intenser and quicker operation than the combined sweating baths, than sun baths, than massage in its various forms; an effect so marked as that produced by these on the change of matter in any given case, cannot be attained by using any so-called physic. While waiting, in a case of blood poisoning—whether pyemia, or puerpal fever, or caused by the bite of a mad dog—until the physic taken shall operate, the patient has either awakened in a better world, or the progress of the

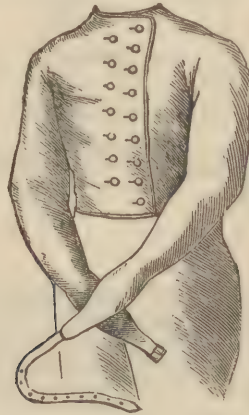


FIG. 135. *The Straight-Jacket for the insane.* The only means of restraint known and practiced by the drug profession. But violence is the result of an abnormal condition of the brain, caused by a morbid state of the blood, which in its turn is caused by an improper mode of living. We commence treatment by regulating the diet, and follow it up by cleansing the system of its corrupt matter by Water Cure and other hygienic measures. Under this method, dangerous violence cannot develop, and if existing, it rapidly succumbs. If the drug people who resort to the straight-jacket and the dark room, would get a sufficient dose of it as they deserve, they would undoubtedly exercise their brains in finding more rational means. Wild beasts do not require Straight Jackets. M.D's., are too ignorant to understand that it is mainly their drug poisons that upset peoples' mind, producing abnormal action in the brain cells.

disease can no longer be arrested; whereas, by means of a sweating-pack, which is effective *within half an hour*, life can in most cases be saved. Whoever complains, in this point, of the insufficiency of physico-dietetic remedial agents, speaks either from inexperience or ignorance."

If you have a pimple, you try to squeeze it open; this is an instinctive action; you do not apply to your reason. But you believe that this procedure will heal it most quickly. On the same principle, surgeons lance

ulcers. On this principle, all our procedures of restoring health are founded. We do not tap in the case of dropsy, nor aim at suppressing syphilis, leucorrhœa, or eczema. *Every method of ours tends to draw out the poison* in a natural way; as soon as all the impurities have been taken out, the discharge will stop from exhaustion of supply, and then the body becomes well.



FIG. 136. *Medical Makeshift for Writer's Cramp.* This apparatus does not intend, or effect a cure. Medical Science, so-called, never thinks of fathoming a condition; its sole aim is to circumvent the difficulty by some artificial help. Naturalists, understanding that writer's cramp only arises with people whose entire body is more or less exhausted and run down, strike the evil at the root, cleanse the whole system, and then the local trouble soon disappears for ever. That is what we call a 'cure;' ours is no makeshift.

Neither do we attempt to cure Lupus by scratching, cauterizing, or cutting off the nose, and so disfiguring a person for life. If the patient comes to us in time, the disease is nipped in the bud. But at whatever stage of disease the patient is, we do not expect to drive the poison of the disease out by poisoning him still further; this method has never succeeded, and never will. *But we lead him back to nature; there is no other cure. We have but one prescription for all forms of disease. It reads thus :*

R Proper Diet;
 Light and Sunshine (plenty);
 Pure Air, day and night;
 Cleanliness;
 Exercise, (moderate);
 Evacuations, prompt;
 Water applications, to be used daily.

Dr. Nature.

This contains no blue pills or strychnine. (FIG. 137.)

That drugs do not cure, but merely suppress disease, is also apparent from the state of convalescence a patient of medicine has to pass through after the drugging itself has ended; during this period of convalescence the body has to regain whatever it can of its former strength, by its own efforts. Not so with water. The very first application invigorates the body and by the time the cure is ended the patient is no longer



FIG. 137. Nature's blue pills; with health and happiness as their final issue.



The blue pills of the drug doctors, with cancer of the liver as their last result.

a patient, but in possession of his full energy, ready to take up the battle of life with renewed vigor, relish, zest and glee. To Water Treatment a state of convalescence is unknown. The expulsion of foreign matter is best, most quickly and safely accomplished by Water. At the same time, while water is being applied, we must be careful not to introduce a new supply of foreign matter into our body.

Water has also the advantage of raising a person's vitality to an unparalleled degree; in fact, the entire treatment has but this one aim. We never forget that it is the *vis medicatrix nature* (Nature's Mending Power) alone, that cures; not we who apply the treatment.

If physicians actually knew how to cure their patients, their trade of family doctoring would soon be gone. The fact that there is such a

thing as Family Doctors, is the plainest proof that doctors know little how to doctor. Water, on the contrary, cures people permanently; and any one that has once gone through the treatment, has become his own physician, and has learned how to take care of himself in the future.

To us it is incomprehensible how mankind can be so perverse as to imagine that those substances which make a healthy body sick, ever could be supposed to possess the property of restoring power to a body of low vitality. Drugs do not cleanse the system from the deposits of corrupt material; and by remaining in the system and thus increasing the amount of foreign matter they lead to still severer and less tractable maladies. The very name of Chronic Diseases denotes the impotence of the prevailing drug schools to cope with certain forms of disease which readily yield to water treatment. Experienced and conscientious medical people are sparing in dispensing drugs, and with good reason, as drugs are not only harmful in themselves, but are also frequently adulterated; no medical man in writing out a prescription can vouch that it will produce just the desired effect, and no other.

There is *one* medicine, however, cheap, never adulterated, always reliable, and applicable to all complaints—Water. We do not mean to say that when a person cries, "Here is water!" the response will be, "Here is Cure." It all depends on "*How* the water is used!" People always had water, but it is only within the most recent times that an idea of the immense virtues of water as a remedial agent has dawned upon mankind. The successes achieved by it, however, are quite adequate to warrant the assertion that in Water we possess the long sought-for panacea. For centuries people have in vain endeavored to compound an elixir of life, and nowadays the drug advocates are still hunting for more and more new remedies. They follow the example set by Ponce de Leon, who searched foreign lands for the fountain of youth, at the peril of his life, ignorant of the fact that the phantom which he pursued and which always eluded his grasp, had been within his reach,—in the well of his very homestead.

Other advantages of Water applications are, that they do not poison, and that their effects are lasting. The beneficial effect is felt after the first application; and in the same degree as our vigor increases, the body makes longer and longer strides towards the recovery of perfect health. Water is the best specialist, as well as the best all-round doctor; it attacks all forms of disease at the same time, however complicated the case may be, and no matter whether the complaint is of a dozen ailments, or simply one; they are all cured at the same time, as all the various forms of disease spring from the same cause—impure blood.

Of course, *water has its limits; it is unable to restore an amputated limb, nor can it obliterate the effects of other surgical mutilations; but as long as a limb is yet whole, however much diseased, there is hope that it may be restored to perfect health by—Water.*

Most chronic ailments, such as Torpid Liver, are the direct consequences of medication. If Water alone were used as soon as any pain is felt, the disease would be checked; there would be no chronic disease, no amputated limbs, and no Homes for incurables.

Except in cases where the defect is the result of accident or birth, the lame, blind, deaf, paralytic, etc., *have to thank the prevailing drug system for their sad afflictions.*

We can cure every sickness, without exception, provided that the patients come directly under our treatment, and have not for many previous years been dosed with poisonous drugs.

In cases of consumption, and other troubles, *Bed Sores* are the bane of medical men; these sores are altogether avoided by Water Cure.

When a person becomes almost blind in consequence of his perverse medical treatment, and he applies to a specialist for help, the latter will defer operation until the person is *quite blind*, saying, he must wait until the cataract is ripe. *We prefer to ply our levers at the earliest period, and have never yet made a person blind.*

Drug people are powerless to influence the course of the so-called 'self-limiting' diseases, such as the measles, scarlet fever, etc. Water Cure gets them under control by the first application, and abridges their course. The suppression of these fevers by drugs, often leads to blindness, deafness, Bright's disease, etc., whereas Water Cure knows no sequellæ, or after-diseases.

The Drug system creates drunkards and morphine fiends, *but it cannot restore the normal state.* The Water Cure does not habituate a patient to these poisons, and has the power to effect a thorough and rapid cure.

The drug system has been put on a high pedestal by its followers, and worshipped as a golden calf. It may indeed have proved a 'golden' calf to them, but for all that there seems very little sense in it. Otherwise the drug dispensing fraternity would be able to show *some* progress within the last 30 years. We emphatically deny that it has made any, and are ready to contend against assertions to the contrary. We have no doubt that before very long an enlightened public will universally demand natural methods of cure; this would mean a death-blow to all licensed quackery, patent medicines, and the electricity swindle.

There are two roads open for effecting cure; a natural one leading towards true health, and a wrong one, leading to sham-cure; from all we have heard, it must seem that the drug people were bound by common consent to follow the latter road.

Such chronic ailments as cancer, consumption, paralysis, epilepsy, blindness, deafness, etc., are final stages. It is our opinion that they are *produced by drugs, and therefore, cannot be cured by them*. Drugs are poisons; and poison lowers vitality; low vitality is unable to remove the impurities which the drugs tend to increase. Impurities in the system are the causes of the ailments enumerated; Water Cure can prevent these, or if already established, can cure them, unless the patient is too far gone for recovery.

As all our organs are nourished by the *blood*, it is evident that if any one of them becomes degenerated, it is because of the impure condition of the blood, which is the consequence of an unnatural regime. Hence, *any cure can only be effected by adopting a proper way of living, and thereby improving the condition of the blood. This end can never be attained by drugs*.

In order to be able to cure, we must know the nature of Health and Sickness, and we must also be able to trace each form of disease to its original cause, which will invariably be found in an unnatural regime. This accomplished, *cure simply consists in removing the causes that led to the derangement. But these are things of which the drug schools seem to know but little*. Can you wonder that we do not find one normal person in all Christendom? Take hold of the broom in the proper way, and *curing will be as easy as eating and drinking*.

If the cause of every sickness is the deposit of foreign matter; or, in other words, if there is actually but one kind of sickness, consisting of encumbrances of the body, it will be quite obvious, that *any single method by which the deposits are removed, will cure each and every ailment*. The Drug empiricists recognize hundreds of diseases and possess thousands of drugs, but do not produce *one* cure; in our opinion Naturists acknowledge but *one* sickness—impurities—and need but *one* remedy, (cleansing), and by it cure that sickness.

You have heard the fable which tells of the fox boasting to a wild cat of hundreds of different tricks by which he could escape the hounds. Puss knew of only one. Just then a pack of hunting-dogs came along. The fox tried several of his numerous tricks but without avail. The cat simply climbed a tree, and was safe. Medical System compares with Water Cure as the fox does with the wild cat.

In the light of the vast achievements attained by the natural methods,

the boastful drug schools, which, with their thousands of medicaments, have failed to accomplish one real cure, are totally put to shame.

There are specialists for the eye, the ear, orifices, skin the internal organs, etc.; as if the body were composed of so many distinct parts, which had no connection whatever. The result is in accordance with this treatment. *We cannot help looking at specialism as a veritable mental aberration.*

Plain water alone is not sufficient to attain the desired end, a dose of common sense must be mixed with it. And, on the part the healer, there must be the honest intention of curing and of doing so with the greatest expedition. This implies that he shall not be lacking in love for humanity at large. How the drug-schools stand in this respect will be discussed further on.

Modern Water Treatment not only cures but does a great deal more, of which the Drug schools never dreamed. By making people well, it produces the normal body. As the normal body is neither obese nor lean, nor deformed, it overcomes these conditions; also producing a low abdomen, a healthy complexion, healthy, optimistic views of life, etc., etc. In cases of barrenness, it makes conception possible; it leads to parturitions, devoid of any dangers; it prevents puerperal fever which kills thousands of mothers annually in every country; and makes nursing possible, and a source of delight to the mother. The offspring thus produced, will be healthy and exempt from the so-called children's diseases with their horrible after-results. These children, being bright of intellect and sweet of temper, are *an everlasting joy to their parents.* The parents, not having had their passions aroused by any unnatural stimulants, will look at their relationship with reverence; and by living abstemiously, the main cause which at present makes husband and wife look at each other as arch enemies, will be removed.

Thus Water Cure reduces our needs, but not our pleasures; it leads to contentment of mind, raises a person's mental faculties, and makes him feel as if born anew; it cures him of bad habits, such as smoking, the alcohol passion, etc., prevents and cures all secret vices, and cannot fail to lead upwards toward a physically, mentally and spiritually regenerated race.

If the natural methods are so excellent, why are they not adopted by all drug prescribers, in preference to the poisons? An ordinary room is sufficient for a drug doctor's office, and in this he can write his prescriptions. The Water Treatment, however, requires spacious apartments, especially furnished for its purposes. There is considerable expense for fuel, light,

rent, attendants, etc., and many individual cases require the exclusive attention of assistants for $1\frac{1}{2}$ to 3 hours at each application. Now, why should physicians adopt a system, which is so expensive and laborious to them, if they can earn just as much money by writing out prescriptions which require but a few moments' time, with a little pleasant chat thrown in gratis? If the average physician were not so thoroughly imbued with selfishness and self-conceit, and if there were a spark of brotherly love in his heart, he would not refrain from *at least investigating* the natural methods.

In our opinion, this trio, Priessnitz, Kneipp, and Kuhne, have done more for the physical welfare of humanity, than all the drug schools combined.

The following are *our ideal directions*, which we prescribe for our patients; being strictly founded on Nature's laws, we always find that the more closely a patient adheres to them, the more quickly he recovers. They hold good for every person, and any deviations are surely followed and avenged by some derangement, a proportionate lowering of vitality, and abbreviation of life.

Eat and drink everything rather cool, that is, of the external temperature. Eat and drink very *slowly*. Masticate and insalivate carefully; *drink in sips*.

Don't drink with meals; drink one-half hour before or two hours after meals.

AVOID: Tobacco, liquors, coffee, tea, spices, animal fats, meat, fried articles, pepper, bologna and sausages, medicines, mineral waters, candies, bovine, predigested food, fresh bread and rolls, white bread, cake, pickles, vinegar.

Use little milk, sugar and lemon.

Use very little salt, or better still, use none at all.

DRINK: Water, malt coffee, weak lemonade; or, best of all, eat plenty of fruit. (Grind the malt coffee, cook it for half an hour in a large vessel, as it boils up like milk, strain, let it cool, and take it slowly with some milk and sugar by itself); one half hour later, take your breakfast. Drink little; fruit contains much liquid. Consumptives should take a swallow of cold water whenever they feel like coughing.

EAT: Graham bread, all vegetables; oatmeal in water with some sugar; rice, barley, sago, grits, corn, cabbage, turnips, asparagus, cauliflower, salad, spinach, beans, peas, lentils, Italian macaroni, potatoes, etc.

{ *Cook thick, and not too soft.*
 { *Prepare vegetables with their first water.*
 { *Season them with stewed fruit; such as apples, pears, raisins, prunes, apricots, peaches, etc. Dried fruit should be soaked over night.*

One or two soft boiled eggs twice a week; syrup, olive oil, nuts.

Some people think that it is *meat* which principally gives them strength, and fear they could not subsist on a purely vegetable diet. But we beg to reflect; the strength of the horse and ox are proverbial, as we say "strong as an ox," and yet a fierce buffalo feeds on nothing save grass. The elephant, rhinoceros and hippopotamus, too, live only on plants. If a patient feel a little weak at the beginning of his cure, this weakness is mainly attributable to the treatment, less to the diet; it soon passes off.

EAT EVERYTHING THICK; *soup* is the worst form of taking nourishment, as it leaves the mouth without being mixed with saliva. Eat little at a time, but eat frequently. Avoid conversation at meals, concentrate your mind on the process of mastication, but be cheerful. Don't urge the sick to eat. Don't read while eating. Rest after meals.

KEEP BOWELS OPEN BY

1. living principally on fruit and Graham bread;
2. taking enemata of cool plain water, when necessary;
3. applying abdominal compresses, (wet linen, next to skin; all around the abdomen; wider dry flannel outside.) The linen compress must be washed out before it is used again. It must be worn for at least two hours; and must feel moist and warm, when removed;
4. taking a spoonful of cold water every half hour.

Evacuate bowels and bladder promptly; don't read in water closet. Use *light underwear* or none at all. Eschew corsets, veils, shingles,* gloves, knee, stomach, and chest protectors, rubbers; use side garters, and wide, low-heeled shoes.

Avoid sexual excitement.

Keep windows open day and night; use very thin underwear or none at all; dress lightly. Breathe through nose.

Expose your naked skin to the sunlight and air whenever you have the chance; air your bedding; cultivate scrupulous cleanliness; avoid dust. Retire and rise early, sleep plenty; extinguish light during the night; keep visitors out of the sick room; temperature of your room not to exceed 68° F.; keep away from stoves and registers.

* Worn by orthodox Hebrew women.

Take a sponge bath in cold water, every morning or evening; wiping from feet and hands upwards toward the middle of the body, then lie down again or walk briskly for fifteen minutes.

Apply the abdominal compress at night. *Females* must omit the sponging and the compress during their monthlies. *If feet are habitually cold*, rub them briskly with flannel, then treat them with cold water for several minutes, then walk; repeat two or three times a day; also walk barefooted about the house and in dewy grass, prolong your walk by degrees, commencing with fifteen minutes; or pour cold water on your knees for five minutes, then walk. *Baths* must be taken one half hour before or two hours after meals. Take indoor and outdoor *exercise*. Exercise all your muscles mildly, not to fatigue.

Dropsical and diabetic patients should drink little or nothing. People with constipation, should eat moderately, and mainly fruit and entire wheat bread; their food should be uncooked and unseasoned, also free from grease. (*Cod liver oil*,—from which many drug doctors *expect* so much good, without ever *attaining* it,—is never thought of by us.) Diabetic patients should live principally on fresh fruits, eaten raw, Graham bread, vegetables, spinach, turnips, cabbage, etc., but should abstain from sugar, potatoes, white flour, cake, etc. (FIG. 138.)

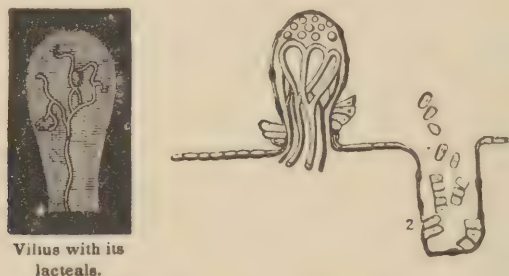
The rapidity of recovery largely depends upon the patient's following the directions given; and also upon the location of the deposits. If they are found in the abdomen, they have not far to travel before they reach the intestines or kidneys, which will eliminate them. But if they are located in the back of the neck for instance, it will take months to effect their removal. The more serious the case of a person is, the more abstemiously he should live and should implicitly obey the instructions given him. His sense of duty towards himself and relatives should make him do this.

Recovery also depends upon the vital power of a person. The more vigorous the vitality, the more quickly the cure comes. Every individual has a definite fund of this power; he can economize it, expend it, or suppress it. It consists in the integrity of the nerves; for instance: the optic nerve may be either dead or only obstructed; in the latter case, Water Cure is able to restore the lost sight; and it is so with all diseases of the nerves,—deafness, paralysis, etc. If the nerves are only clogged, by Water Cure—removing the obstruction—the organs are restored to activity once more;—if *dead*,—no miracle can be worked, and all attempts at restoration will be useless.

Is it not the part of wisdom, therefore, of common-sense, to come

to us, *in the beginning*—before drugs and the surgeon's knife have killed your nerves, and made us powerless?

People who actually commence a course of Water Cure but quit at the first acute symptoms of returning health, will never be cured. By the very first application, a little too much of the foul matter may be stirred up at a time, and then the patient, *misinterpreting the sensation* resulting from his upset condition, may *imagine that Water Cure will make him worse than before*, and therefore drop, the treatment. How can this be true, as he has



Villus with its
lacteals.

FIG. 138. *Villi*. Our intestines are lined with countless papillæ, called villi. Each villus is composed of blood-vessels and a milk tube. The function of the villi consists in absorbing the nutritious portion of the food from the intestines. Digestion commences in the mouth by the food being broken up by the teeth and blended with the saliva; in the stomach it becomes converted into chyme, and in the duodenum into chyle. The chyle is partly absorbed by the villi, whilst the feculent residue passes on towards the anus. The substance absorbed by the villi, nourishes the body; this is called assimilation or nutrition. It is that action by which every part of the body assimilates a portion of the blood, on the one hand, while on the other, it yields a part of its former material. Hence all material of nutrition is derived from and found in the blood. The animal tissue perpetually wastes away and is restored by the evolution of new cells. This action can be normal only, when the composition of the blood is normal. Taking poisonous drugs, or any substance not found in healthy blood produces abnormal conditions and leads to disease and premature death, which are the results of perverse living and irrational drug treatment.

taken no drug-poison? He should bear in mind that, as only the plainest and most wholesome food is prescribed by us, and as no poisons are administered, and as nothing but plain water is used, whatever symptoms may appear by such a course, can have but one meaning, *viz.*: Returning Health. If he would only persevere for a few weeks, he would soon become conscious of the advantages gained. *The very symptoms which he mistakes for signs of aggravating his case, are indications that health is once more returning*, and should be welcomed as such.

As we claim, disease is caused by deposits. Years may be required for their formation, one layer being deposited upon the other, as it were. Now, as in digging a well, the latest formation will have to be penetrated first; so in case of a cure, the most recent deposits must be removed first. This is the reason why under a natural mode of treatment, all the various symptoms which previously annoyed the patient, will reappear, but in their reverse order, and much milder in form and of only short duration. Therefore, if after four weeks of our treatment, any symptoms appear from which the patient used to suffer four years ago, it is a sign that within those four weeks as much matter has been removed by these processes, as was deposited during the preceding four years.

For various reasons, Water Cure is not always successful. It is a rare occurrence that patients apply to us in the initial stage of their disease; every drug, every method is tried, (often for upwards of 30 years), before they come with their poisoned, wrecked systems to the naturist and from him they expect restoration of health in the turn of a hand, by a miracle. The healer, sometimes yielding to the entreaties of the patients, may be induced to apply too vigorous measures, and the reactions of nature, frightening such thoughtless patients—they leave with the false impression that natural methods make them worse; and the next drug doctor consulted, will confirm this idea, though he knows quite well it is a lie. Or, the healer, holding his own way, the seemingly slow progress of the cure discourages some patients; and thinking they are not getting their full money's worth, they leave off Water Cure to buy drugs, with which to still further saturate their systems. All that is needed, however, is a little patience, as the violent symptoms will soon subside and will be replaced by increasing vigor. If any patient is not restored by Water Cure, he is either *actually* incurable, or it is owing to the defective knowledge of the healer; or it may be due to the stupidity and unjustifiable expectations of the patient.

Now in view of the fact that Water Cure *is* largely known, why is it that so many close their eyes to its obvious merits, and therefore, there are still numberless sick persons? It is:

- 1st. Because of the immense hold the drug system has on the masses.
- 2nd. Because the drug schools fill not only their own pockets, but the pockets of innumerable other classes: the druggists, the makers of artificial limbs, eyes, ears, noses, etc.,—the manufacturers of surgical instruments, and of electrical appliances,—the dentists, the makers of crutches, and of wheeled chairs for invalids, etc., etc., ad infinitum.

3rd. Because, owing to the large and influential classes mentioned above, the Water Cure movement is suppressed, disparaged and ridiculed.

4th. Because, many having heard of it, think, after all drugs and years of drug medication have failed, that plain water cannot help them.

5th. Because, many who think of coming to us, are discouraged by the drug fraternity, whose reasons are obvious.

6th. Because, many think Hygienic treatment too bothersome; it is easier to swallow a pill or a spoonful of medicine. They are ignorant of the many years of awful suffering that is sure to follow such perversity.

7th. Because, many are prevented by social, pecuniary, or other obstacles, or are ashamed to apply for such simple remedies.

8th. Many fear to try *cold* water, not knowing that the temperature of the water is, and can be made mild enough to treat an infant.

So we might continue almost indefinitely with the reasons for poor, blind humanity still lingering on, diseased, maimed, deaf, blind, etc., etc. Now our methods are so simple and so disparaged by the drug schools, that many begin the course in doubt and with utter lack of faith in the integrity and honest purpose of the healer, whose *only* object is to restore Health in the safest manner and quickest possible time.

The following is a concrete instance showing you

WHY THIS PATIENT WAS NOT CURED!

The case was that of a blind man, to whom our treatment had been recommended, but who was not cured by our method. Let us see why not! Mr. S. was 65 years of age; knee-reflex, defective; pulse, 80, regular, fair; bowels, costive for many years, during all of which time patient took pills for the trouble; front teeth were loose; tongue, coated; hair, thin and gray; inveterate smoker. Dr. Greening, Knapp, and Born had pronounced case incurable. Totally blind in the right eye, could see his fingers with the left eye. Blindness had developed within the last nine months. As the case was quite recent, we cherished great hopes of restoring the sight. In this as in every similar case, the trouble in the eyes had been preceded by other difficulties, *viz.*: years of costiveness, etc., caused by perverse living—rich diet of meats, poultry and spices, together with excessive smoking and drug poisoning. The patient was also too heavy for his height by about 40 pounds.

The eye-ball is a globe that rests quite loosely in its socket; it is enclosed on all sides by hard textures, and only a few fine blood-vessels lead inside. As these vessels constitute the sole avenue by which the

abnormal deposits in the eye—the cause of the obscured vision—can be reached, it is obvious that the cure of blindness is necessarily slow, and as the cleansing process can only be effected by a purer blood, it is evident that the cure for blindness must commence with a correction of the patient's habits. The blood must be cleansed before any hope can be entertained of improving the sight. Now, the patient had lived perversely all his life, and his stock of vital power was pretty well exhausted, and as the treatment had first to bring the degenerating process to a standstill before improvement could set in, and we had to commence the applications very gradually on account of his advanced years, a slight improvement in his general condition was all that could rationally be expected for the first four weeks.

Within this time, our treatment produced regular and spontaneous passages from the bowels, which the drug shad been unable to effect in many years. This was quite an achievement and was the first step towards cleansing the system and restoring the sight. The patient, however, counted this and other improvements for naught. No matter how much we endeavored to explain to him the working of the healing process, the patient turned a deaf ear to our arguments, and as the great specialists had pronounced his case incurable, he probably looked upon our remonstrances as being prompted by selfish motives. He accordingly quit our treatment after the first month, and so doomed himself to utter darkness for the remainder of his life.

We hold that the reason why he was not cured, lay not in our treatment, nor in the condition of his eyes; but in an altogether different direction. It was primarily due to his lack of intellect which ought to have been properly trained during his boyhood days; and partly it was attributable to the discouraging verdict of the specialists, whose opinion was quite correct as far as their own inability in the case was concerned, but which had no significance regarding the effects of natural methods.

Our system has nothing to do with Faith Cure, but the patient must have faith or patience enough to give us a fair chance to cure him. The health of some is restored rapidly; of others, slowly,—and this difference depends *not* on the treatment, but upon the condition of the patient, *viz.*: on the place and extent of the deposits of foreign matter.

Now let us see what direct effect our system has upon this precious vitality of ours,—this life preserving, life-giving element of our nature. If you consider how you are refreshed by a cold sponge bath, you will realize how cold water stimulates vitality! All the processes of Water Cure loosen corrupt and foreign matter, free the system and so allow vitality to operate again.

By inhaling cold air through the nose, the vitality is induced to send an extra supply of blood to the membranes of the nose, in order to re-establish the normal temperature of this organ. This extra supply of blood heats all the adjoining parts so much that the germs, which are present in the air and in the blood, set up a process of fermentation. By this process the latent deposits are liquefied, and escape through the nose. When this happens, people ignorantly say, they have "taken cold." But in this way the body is cleansed, and the system *cured*. All cases of contagious fever, etc., have the same significance,—it is the healing process of Nature; *but the healer* must know how to manage the case.

Now the drug schools do concede that the Water Cure is efficient in cases of Rheumatism; but we recognize but one *Disease*, namely impurities in the blood; consequently the same process that can cure Rheumatism can also and does cure its resultants, Gout and Paralysis, as well as all other forms of disease. Water Cure is the only universal Panacea; and only persons whose reasoning powers are entirely dormant can gainsay it; they cannot *prove* we are wrong; all the proof is in favor of the hydrotherapists.

In closing this chapter let me quote from an article by Sir Edward Bulwer Lytton, written some fifty years ago, and called "The Confessions of a Water Cure Patient." It is not fiction but his own case, and represent his personal opinions—

"For sixteen years I can conceive no life to have been more filled by occupation than mine. To a constitution naturally far from strong, I allowed no pause or respite. At length the frame—patched up for a while by drugs and doctors*—brought in its arrears—crushing and terrible. About the January of 1844, I was thoroughly shattered. The least attempt at exercise exhausted me. A chronic irritation of the mucous membrane, which had defied for years all medical skill rendered me continually liable to acute attacks, which, from their repetition, and the increased feebleness of my frame, might at any time be fatal.

"It was at this time I met by chance with Claridge's work on "Water Cure," as practiced by Priessnitz (a German peasant, the originator of our modern "Water Cure," from 1799–1851 at Gräfenberg). Till then, perfectly ignorant of the subject and the system, except by vague stories and good jests, I resolved at least to examine dispassionately into its merits as a medicament. I was then under the advice of one of the

*This is a grave mistake of Sir Lytton; his system was not *patched up*, but *wrecked* by the drugs and doctors.

first physicians of our age. I had consulted half the faculty. I had every reason to be grateful for the attention, and to be confident in the skill of those whose prescriptions had flattered my hopes and enriched the chemist. But the truth must be spoken—far from being better, I was sinking fast.

“While thus perplexed, I fell in with one of the pamphlets written by Dr. Wilson, of Malvern, and my doubts were solved. Here was an English doctor, who had himself known more than my own sufferings, who, like myself, had found the pharmacopœia in vain, who had spent ten months at Gräfenberg, and who left all his complaints behind him—who, fraught with the experience he had acquired, not only in his own person, but from scientific examination of the cases under his eye, had transported the system to our native shores.

“I resolved then to betake myself to Malvern. On my way through town, I paused, in the innocence of my heart, *to inquire of some of the faculty if they thought the water-cure would cure my case.* With one exception, *they were unanimous in the vehemence of their denunciation.* Granting even that in some cases especially of rheumatism, hydropathy had produced a cure, to my complaints it was worse than inapplicable—it was highly dangerous—*it would probably be fatal.*

“A little reflection taught me that the members of a learned profession are naturally the very persons least disposed to favor innovation. A lawyer is not the person to consult upon bold reforms in jurisprudence. *A physician can scarcely be expected to own that a Silesian peasant will cure with water the diseases which resist an armament of phials.*

“Still my friends were anxious and fearful; to please them I continued to inquire, though not of physicians, but of patients. I sought out some of those who had gone through the process. I found the account so encouraging that I grew impatient of delay. *I threw physic to the dogs and went to Malvern.*

“The next thing that struck me was the extraordinary ease with which, under this system, good habits are acquired and bad habits relinquished. Patients accustomed for half a century to live hard and high, wine-drinkers, spirit-bibbers here voluntarily resign all strong potations.

“The first point which impressed and struck me was the extreme and utter innocence of the Water-Cure in skillful hands—in any hands indeed not thoroughly new to the system. Certainly when I went, I believed it to be a kill or cure system. I declare upon my honor that I never witnessed one dangerous symptom produced by the Water-Cure.

“All that interests and amuses us is of a healthful character: exercise, instead of being an unwilling drudgery, becomes the inevitable im-

pulse of the frame braced and invigorated by the element. A series of reactions is always going on—the willing exercise produces refreshing rest, and refreshing rest willing exercise. The powers of nutrition become singularly strengthened, the blood grows rich and pure—the constitution is not only amended—it undergoes a change.

“That which thirdly impressed me was no less contrary to all my pre-conceived notions. I had fancied that the system must be one of great hardship, extremely repugnant and disagreeable. I wondered at myself to find how soon it became so associated with pleasureable and grateful feelings as to dwell upon the mind among the happiest passages of existence. I have known hours of as much and as vivid happiness as perhaps can fall to the lot of man; but among all my most brilliant recollections I can recall no periods of enjoyment at once more hilarious and serene than the hours spent on the lonely hills of Malvern.

“And now came gradually, yet perceptibly, the good effects of the system I had undergone; flesh and weight returned; the sense of health became conscious and steady; I had every reason to bless the hour when I first sought the springs of Malvern. And here, I must observe, that it often happens that the patient makes but slight apparent improvement when under the cure, compared with that which occurs subsequently, (known as after-effects.—Ed.)

“It is this profound conviction which has induced me to volunteer these details, in the hope to induce those, who more or less have suffered as I have done, to fly to the same rich and bountiful resources. We ransack the ends of the earth for drugs and minerals—we extract our potions from the deadliest poisons—but around us and about us, Nature proffers the Hygiene fount, unsealed and accessible to all.

“The remedy is *not* desperate. It bequests none of the maladies consequent on blue pills and mercury—on purgatives and drastics—on iodine and aconite—on leeches and the lancet. I would not only recommend it to those who are sufferers from some grave disease but to those who require merely the fillip, or the bracing which they often seek in vain in *country air or a watering-place.*”

Thanks to the efforts of such men as Rev. Seb. Kneipp, Louis Kuhne, and many others, the Science of Water-Cure has made immense strides since the days of Sir Bulwer Lytton.

To-day water cure is able to cope successfully with the most desperate maladies.

Medicine on the contrary has made no progress within the last sixty years.

Man is gifted with two kinds of eyes, the physical organs of vision, on one hand, and his intellect, which affords a deeper insight, on the other. As the acuteness of the physical eyes varies considerably, so does the intellect. In the savage, the intellect is almost dormant when compared with the results of a cultured brain; only in proportion as an article dazzles his eyes, does it impress itself on his mind as important and wonderful. But there is plenty of fetish-worship found amongst us. Even with us, many peoples' intellectual eye is so dull that they gauge the intrinsic value of an article by the external show presented. Thus for instance, regarding drug treatment, the druggist estimates the mental calibre of his customers correctly when he carefully labels his quack stuffs and does them up neatly. For the same reason, a foreign physician, or one with gray locks stand the better chance of being appreciated. The various health resorts owe their prosperity to the rudimentary condition of their patrons' power of logic, and the public faith in the empty title of M.D., what else is it but a piece of blind and thoughtless fetish-worship?

PRINCIPLES OF THE WATER CURE.

CHAPTER 26.



HEALTH and beauty go hand in hand. The 60 years old Ninon de l'Enclos owed her historical beauty to daily towel baths. "Some recent writers on the subject of wrinkles hold that the air in our rooms should be changed three times every hour. The skin owes its beauty to the nerves which control the fine blood-vessels of the surface, whose work lends glow and clearness to the face. The nerves, in turn, owe their sensitiveness to the air, which is our chief nutriment, inhaled by gallons hourly, and should be pure and invigorating. When the nerves are deadened by close air, the fine muscles lose their tone, the tissue of the face shrinks, and these shrinkages become wrinkles."

There are different kinds of beauty of the human system; *e. g.*, a classical profile, a well proportioned body, an elastic gait, clear healthy complexion, radiant lustrous eyes, and genuine happiness shining through the countenance. None of these factors can be attained by artificial means. *Local steam-baths for the face*, as practiced by fashionable ladies, are apt to draw all the foul matter of the system to the skin of the face, instead of eliminating it through the natural channels of evacuation. A lack of the elements of beauty enumerated above, is due to an encumbered condition of the system; the abdomen and depurating organs are principally at fault, owing to a perverse diet and regime.

Healthful beauty is not only skin deep, it is rooted in the system; it is lasting. Under the Water Cure treatment, the complexion is cleared up, wrinkles disappear and the whole appearance is more youthful. The mental improvement keeps pace with the physical; the mind becomes buoyant and capable of great exertion; we have absolute control over our passions; and an even, pleasant temper and harmoniously balanced character is the result.

Although the principles of Water Cure are simple, and the material employed only Water, still it would exceed the compass of this book, to give explicit directions to the uninitiated as to how to cure every case. Let us see why this is not easy, and also give as clear directions for healing as is compatible with our limited space. In the first place all cases of lost health may be divided into :

- | | |
|--------------------------|----------|
| 1. Acute or chronic, | } Cases. |
| 2. Local or General, | |
| 3. Internal or external, | |
| 3. more less Severe. | |

Furthermore, the treatment must vary in accordance with the amount of vital energy left. Every water application aims at the purification of the body, and can be:

1. local or general,
2. internal or external,
3. direct or indirect,
4. More or less rigid, according to the condition of the patient.

When a patient commences the treatment, his blood etc., is in a poor condition. By every application a part of the deposits is stirred up, and absorbed by the blood. If the treatment be too powerful, too large a quantity of the foreign matter is loosened at a time, and the patient will experience a sensation which makes him imagine he is getting worse. But such is not the case. However, if the vitality of the patient is low,

we must be careful to give mild treatment, so that no more matter will be loosened than the impaired vitality has the power to remove easily, during the interval between two applications. It is much better to proceed cautiously in the beginning. The process of "Getting Better" should be conducted by steps so gradual that the patient at last will find himself well, scarcely knowing how it came about.

The blood is either impure or unevenly distributed: the latter condition is caused by the former: for instance, cold extremities result from impurities settling in the limbs. Any unnatural condition of the body is owing to an abnormal state of the blood. Thus every application must tend to purify the blood. But this process may be hastened by a little attention to some organ which has too little or too much blood, etc. (FIG. 139.)



Fig. 139. *Swimming.* One of our methods of preserving and restoring health.

In Water Cure, Water is used in two ways: as a solvent, and as the vehicle of heat and cold. As it dissolves salt, sugar, etc., so it does the foreign matter in the body.

The blood often becomes impure by improper gaseous, liquid, or solid food, or by having the eliminating organs clogged up. *Impure blood makes the deposits, and causes loss of health; purified blood redissolves the deposits and restores health.* The blood is our internal bath. First of all, the blood is purified by a natural diet, and then by the diverse methods of cleansing. The purified blood can then redissolve the deposits of corrupt matter, and carry them to the depurating organs. To aid this process of dislodging the deposits, we should whip the blood alternately to opposite parts; up and down, from right to left, from the center to the extremities, from the front to the back, and vice versa. We find an ex-

cellent means of whipping the blood in this manner, in the alternate upper and lower showers, etc.

The nerves govern the flow of blood to the organs. If there is too much heat, fever, or pain in any portion of the body, we quiet the nerves by long continued and often renewed cold applications; if any portion is cold and numb, we rouse the nerves by short cold applications and then rewarm the limb by means of woollen wrappings. *Nerves perform their task on the principle of action and reaction. A warm application of some duration relaxes the nerves of the heated portion, and leaves it bloodless for a time. A cold application, on the contrary, stimulates the nerves to opposition and summons the blood to counterbalance the cold; thus, lasting warmth results.* After a warm bath we feel cold, chilly, and disagreeable; a cold bath makes us feel warm and invigorated. The nerves endeavor to manage the flow of the blood so that the normal condition may be re-established. Cold applications draw the blood to the cooled spot. Blood is induced to go to the intestines by cold food and beverages; and breathing cold air attracts it to the lungs. It is brought to the skin, by bathing with cold water. Wherever pure blood is, purification takes place. It is the blood, that really does *all* the work; hence, we must first produce a good quality of blood and raise the vital power, in order that it may throw off the foreign matter.

Knowing the importance of blood in the human body, it is hard to believe that physicians, formerly mistaking the dark blood for vitiated, tried to cure people by drawing it off. And yet, even to-day, many physicians employ leeches, the lancet, or wet cups, ignorant that every drop of blood they draw, deprives the patient of the very essence of life.

Every one should endeavor to gain a clear understanding of the *modus operandi*, or the way in which an application acts on the body, so as to be enabled to choose the applications accordingly.

Commence slowly, *i. e.*, with few and mild treatments, not stirring up too much foul matter at a time; then give more powerful treatment, until all symptoms of sickness disappear; and again decrease the applications, to preserve vitality. Too much treatment also can be given, as is proved by the over-fatigue induced by excessive gymnastic exercises. In the case of advanced consumption, dropsy, etc., the healer must be careful not to exhaust the vitality of the patient by giving too powerful applications; and yet, on the other hand, the advance must be fast enough to overtake and stop the ravages of sickness. On this point, Water Cure principles are the simplest and clearest imaginable; and if once fully comprehended, a mistake in the treatment of a patient is almost impossible.

The Drug Treatment, from beginning to end, is a series of irrational experiments. We insist upon a thorough understanding of the principles



FIG. 140. *Murder of Washington by the scientific drug doctors.* Up to Dec., 1799, Washington had been quite vigorous; then he took a little cold, for which he was bled several times copiously. The last time, the blood ran slowly, and appeared very thick, and did not produce any symptoms of fainting.

"Clearly, the General was about bled dry, and so, as nothing more was to be gained by bleeding, calomel and tartar emetic were administered. At 4:30 Washington called in his household and, after bidding them good-bye, arranged for the proper disposition of his business affairs. Between 5 and 6 the physicians came in again and had him raised up in bed. He said to Dr. Craik: "I feel myself going; you had better not take any more trouble about me, but let me go off quietly."

"This, however, did not suit the doctors, for at night they applied fly blisters to his legs. By 10 o'clock he was dead—a victim of phlebotomy.

"When we turn from history's blood-stained pages of one hundred years ago, hoping to find that the schools of medicine, whose graduates brutally murdered Washington, have profited by such fearful blunders, and that the slaughter of innocent victims by the followers of these self-same schools, have ceased, we are sadly disappointed."

"If this Nation was to turn the Search Light upon the hideous and ghastly work of the drug practitioners, "a state of affairs would be revealed that would rival the horrors of the Inquisition, causing Nero to take a back seat, and before which the wholesale murders of the dark ages would almost dwindle into insignificance. These statements may seem too sweeping, but we only ask an intelligent public to carefully investigate the facts."

involved in a treatment, before any measure is resorted to. (FIG. 140).

Each of our applications has its own virtue and method of curing ; while with all the thousands of drugs, not one real cure is found.

The number of different kinds of water applications can be increased indefinitely. They may be general or local ; cold, torpid, or hot ; given as compresses, baths or douches ; of long or short duration ; of more or less frequent repetition ; with or without special dieting, etc. The greater the variety of remedies, the more worthless is a system ; as in proportion to its complexity, it is more difficult for the practitioner to arrive at the correct idea as to the virtue of each particular feature. This is one reason for the universal failure that attaches to the drug system with its thousands of poisons. This is also the reason why the author restricts his own applications to the smallest possible amount.

Any *local* affection, is also one of the entire system ; hence, no matter what ailment a person may complain of, the main treatment must be general, and must aim at cleansing the blood and the entire body. Local applications only serve to hasten the process of cure ; they are of little use by themselves.

Natural methods, as a rule, are harmless ; danger only arises when a patient has been suffering for many years, and wants his recovery to be effected in an unreasonably short space of time. The body requires some twenty years to attain its full development ; and it often takes 30 or 40 years of daily abuse before the first acute symptoms of derangement appear. Now, foul matter which has accumulated for many years, and has permeated flesh, nerves, sinews and every portion of the body, cannot reasonably be expected to be eliminated in a day. Sometimes it takes weeks, months or years of careful obedience to the natural laws of cure, to bring about the normal condition. *No other treatment can do it at all ;* drugs merely hasten the death of the patient.

It is the patient's vitality that effects the cure—not the healer or his applications. As most encumbrance enters the system in the form of unwholesome and unnecessary matter, it is plain that when a new supply of this undesirable substance is cut off, and as the vitality succeeds in removing what deposits are present, the patient will eventually recover by simply adopting a proper regime. Such a cure, however, would require a long time. The process of recuperation can be hastened considerably by measures which aim at the opening of the depurating organs, and the raising of the patient's vital power. These purposes can be attained by physical exercise, mental recreation, cheerfulness, all pleasurable sensations of a normal character, massage, Swedish movement cure, air and

light-baths, and Water Cure. The last is by far the most powerful, and all the rest can be dispensed with. The element of Faith or Belief should be entirely eliminated from treatments; cure is the result of *Knowledge*, not of *Faith*. Belief, at best, is unreliable; beliefs, hypotheses and theories commence, where knowledge ends.

An *abnormally high or low temperature* of the body or of any portion of it, indicates the presence of foreign matter. *Local inflammation* or general fever are signs that the body has vigor enough to relieve itself, and has undertaken its own cure. A *low temperature*, *e. g.*, cold extremities, shows that the blood current is obstructed by foreign deposits; in this case the body must be assisted by judicious remedial measures. If one portion is hot and another cold, *e. g.*, a cold skin coupled with raging fever within, the case is serious and requires prompt attention.

When a person first discovers that something is amiss with him, he usually resorts to the wrong measures. By proper treatment, the further increase of deposits must be brought to a standstill, before actual improvement can set in; the latter cannot consist in anything but the removal of the deposits. From the beginning, every proper treatment must improve the patient's health.

We have to distinguish between applications for strengthening vitality and those for restoring health. As those for strengthening the system should be continued during life-time, and as they remove little foreign matter, mild and short treatments may be resorted to. But for the restoration of health, applications of longer durations, and of more extreme temperatures should be used.

If in complicated cases, you are doubtful as to how to commence the treatment, first use *mild* applications to the entire body till part of the matter is removed. Then you will find the symptoms concentrated in the most aggravated places. *Cold* compresses *frequently* and *persistently* renewed, subdue local inflammation and pain. In chronic ailments of long standing, such as running of the ears, goitre, etc., give a few treatments (2 or 3 a week) together with daily washings.

Massage and shower baths must be applied in such a way as to drive all foreign matter towards the abdomen, the seat of the natural openings, so that it can escape readily. Sitz-baths, too, are very efficacious in this respect.

Every water application alters the distribution of the blood, which can only do its work in one place at a time; therefore, one treatment should not follow immediately after another. For instance, the pack

should not be taken directly after the sitz-bath; their effects would counter-act one another.

If certain portions of the body are inflamed, cool them by applying cold compresses; if the lungs are affected, rest them by abstaining from heating food, such as fat, starch and sugar; if the region of the liver is painful, eat little food and apply cold compresses; and if torpid, arouse it by friction, kneading, showers, and long continued warming compresses; *i. e.*, cold compresses covered with flannel and left on for several hours; when the kidneys are affected, give them rest by drinking very little, and by stimulating the skin.

Cold douches and other cold applications of *short* duration, arouse vitality to the attempt of cleansing; steam baths and enduring compresses loosen the deposits; and massage, sitz-baths and packs throw the loosened matter out.

Discharges from the nose, which are caused by a cold, consist of foul matter, and as we have said before, signify a cleansing process. Most of the Water Cure processes are such of taking cold intentionally, and by this means the system is purified. The medical men are ignorant of the nature of a cold; they dread it, and have no control over it whatever. *A healthy person cannot take cold, as there is no corrupt matter to be removed.* A person's proneness to frequent colds, indicates a heavily encumbered condition of his system.

Speaking broadly, the longer a case has been standing, the longer time it takes to cure it. When a railroad train starts, it moves away slowly, then more quickly, until it attains its full speed; when about to stop, the speed gradually diminishes. Recovery from chronic ailments acts on the same principle; at first the improvement is scarcely perceptible; the strides become greater every day; later on they diminish and again grow imperceptible. The reason of this plan is obvious. At the commencement, all the depurating organs being more or less clogged up, the progress is slow. As the organs regain their power, the cleansing process increases in intensity. It continues, at its height for a time, until the impurities are removed from the soft parts of the body, and then slackens up.

Our body is an organism, which requires about twenty years to attain its full growth, and is made up of cells. When deposits form, they are pushed from cell to cell, until the whole system is permeated. Children's diseases prove that most people are born already encumbered; then as they continue to live perversely, deposits continue to form. This process may go on for 30 or 40 years, before a person realizes that something is amiss

with his system. Now, in curing, the deposits have to be drawn out again from cell to cell. There is no other way, and this process takes time. Nevertheless, we can say, that on an average, health is restored about fifty times as fast as it was lost. But yet there are a few thoughtless people who will blame the healer if he fails to cure them in a few days or weeks. They will quit the treatment and remain sufferers. They sign their own fate.

The patient must blame himself for his own fastidiousness if not cured by natural methods as quickly as he had anticipated, or if the abstemiousness we enjoin seems too rigorous to his taste.

The body of a sick person may be compared with a flask of muddy water, in which the mud has been allowed to settle; but by stirring this up, repeatedly pouring out a part of the contents of the flask, and replacing it by pure water, the fluid in the vessel becomes clear by degrees. Our process of cure is worked on the same plan. Each treatment loosens, stirs up, and throws out part of the deposit. As long as this process of elimination continues, the patient will feel more or less upset, and fail to realize the great benefit he has derived from Water Cure. But if he discontinues for a time, and allows the stirred matter within to leave the system, he will soon become conscious of the progress. *This phenomenon of becoming conscious of the good derived from the Water Treatment 'after' giving it up for a time, is called the After-Cure. The drug-system knows no After-Cure; it only has After-Diseases, which class with the worst that ever befell man.*

All the pleasing results of a genuine cure are not brought about by the use of poisons, called medicines, or by mineral waters, teas, salves, ointments, pain-killers, etc.; but by the patient's return to man's original mode of living, as far as our present condition will admit.

Regarding the cure of any ailment, it is not so much a question of overcoming the disease directly, as of attacking it indirectly by freeing people of the misconception regarding its essence, which perverted view was inculcated on mankind by the irrational teachings of the drug profession. Always bear in mind that the laws of Nature being wonderfully simple and uniform, *what is capable of making a person well, will keep him well; and what is harmful to the sick, is injurious to those in health.*

When we are sick, something within rebels; we are conscious that we are not in our normal state; and that the normal or healthy condition is our natural birth-right.

It matters not what your trouble may be, whether rheumatism, neuralgia, gout, kidney, liver or heart disease, nervous debility, asthma, catarrh, bronchitis, paralysis, indigestion, dyspepsia, diabetes, piles, or the

thousand-and-one diseases to which the human family seems heir: a thorough water cure treatment, merely aiming at the cleansing of the organism, is bound to overcome any of them.

Our aim is, to keep the reactions of fever under control; and in the case of palsy, to bring on a fever. This depends upon the skill of the healer, and should not be done too quickly or too slowly; and should be performed without endangering the patient's life by too violent a reaction.

Dr. Trall says on this subject: "Patients are always safe, as the remedial action is nearly equally directed to the various depurating organs, or mainly to the skin. They are in danger just to the extent that the remedial action is determined from the skin and concentrated on some internal organ. Our rule, then, is to balance the remedial effort, so that each organ shall perform its due share of the necessary labor, and no part be disorganized and ruined by overwork. To direct and control the remedial effort we have only to balance the circulation; and to balance the circulation we have only to regulate the temperature, and for these purposes we have no more need of drugs than a man has of a blister on his great toe to assist him to travel. He wants useful, not injurious things."

All acute symptoms of pain and fever should be aided and regulated, in order to remove the impurities, and gain us immunity from colds and contagion. In order to effect the elimination desired, the entire body must be made to co-operate.

Exercise, not inaction, strengthens our organs. Avoid the predigested foods, recommended by the drug people; they weaken the digestion.

Water Cure offers many advantages: It prolongs life, secures permanent health and all enjoyments derived therefrom; preserves youthful appearance, grace and suppleness of limbs and body; gives a rosy complexion, free of blemishes and pimples; secures beauty without employing rouge, etc., a beauty rooted in the very system founded on an excellent digestion; gives absolute control over the passions; produces an even, pleasant temper and harmoniously balanced character, etc. How pitiable does medication appear by the side of Water Cure.

FAITH CURE AND OTHER METHODS.

CHAPTER 27.



DIVINE Healing is contrary to nature, *i. e.*, contrary to the laws ordained by God. Growth is a slow process as repeatedly stated; it takes, on an average some twenty years for man to reach the greatest height. Getting sick, or the process of accumulating the deposits, is also a very slow process; it requires years to form them. The foreign matter is embedded in the tissues. To be removed, it must first be dissolved and then carried from cell to cell till it reaches the surface. This accomplishment often requires years, even under the most vigorous and combined measures of hygiene. Only *cheats* can insist, and people ignorant of the first rudiments of the laws of life and growth can imagine that the single touch of a person's hand can effect cure, and *they* are simpletons indeed who believe in such assertions. We will not deny, however, that minor ailments may be cured by one or several treatments of what is called 'animal magnetism.'

Mental Healers claim that the mind forms the body; that if we entertain ideas of disease, we will become sick; that it is this picturing of diseased conditions in the mind, which is the cause of all diseases. But, as all wild beasts are well; and as man undoubtedly came in a perfect condition from the hand of God, how could the *idea* of sickness ever enter his mind? How can domestic animals, or little infants become sick, who lack imagination or do not see examples of disease? Why do children and all healthy people never think of sickness, until a cold *suddenly* brings it on? If it were the result of mental picturing, the sickness would come on *gradually*. All these questions are unanswerable, under the perverse assumption, that disease originates in the mind exclusively. We, the representatives of natural methods, hold on the contrary the belief that apart from depressing influences of sudden fright, grief and worry, disease is usually the result of perverse living. With animals and infants, mind

plays a small part, and yet with them the different kinds of food are of the utmost importance. Infants fed on sterilized milk become scrofulous; and here we see plainly that the mind plays no part whatever.

We say, domestic animals become sick, because they are unnaturally fed and housed; infants become sick, because they are treated adversely to common sense. Mental Healers say: Arouse correct ideas in the patient, and the mind will right itself, and therefore the body will follow suit. How can we awaken correct ideas in a babe of 8 days, or in a calf a week old? Luckily, our natural methods need not appeal to the mind at all. They set the functions of the *body* into normal activity without any difficulty, without any thought of the patient's mind. So it is with the cure of grown people by natural methods; for instance many dyspeptics are cured simply by taking away tea or coffee, without even hinting at their mind. Mind plays no part in the treatment of naturists, except that we explain to the patient how he lost his health by living abnormally, and that, if he wants to become well he will have to reform his mode of living.

Christian Scientists are exponents, advocates and adherents of the Christian religion. Presumably they claim to have received divine power from their Christian God; but as all Nature is God's handiwork, and all men His children, there must be something wrong either in their particular God, or—in their power and pretensions. As there can be but one omnipresent and omnipotent Being—if there were two or more, each one could not exert full sway everywhere,—all men must be His offspring; and if He be just, He must embrace all His children with equal love, and must deal out His favors with impartiality. As all cure is effected by Him, it cannot be His intention to bestow His bounties only on the Jews, or on the Christians, or on the members of any other creed. There can not be a special God for each religious sect. Such narrow-minded ideas are mainly upheld by the ministers of the respective religions, who fear to lose their position, or are prompted by other more or less selfish motives or shortsightedness. Hence, whatever success such healers may claim, we cannot place much reliance on their assurances. Water Cure and other natural methods are *not faith-cures*. The water exerts its effect, whether the patient believe in its curative powers or not, provided the treatment is properly applied and taken.

In Divine or *Mental Healing*, treatment is given in silence. Patient and healer maintain absolute stillness for about half an hour; this constitutes the entire mode of its application. The patient, perhaps for the first time in his life, is directed to silently contemplate. This may induce

him to think of his wrong course; and he being confronted with some mysterious forces, real or imaginary, may be led to good resolutions. And as at the end of the sitting, hope is aroused by the positive assertions of the healer, we do not deny a possible good effect in some instances. But as the advocates of mental healing themselves claim, that for effective work, the healer should be free from selfish motives, that his mind should be free from hatred or revenge, or any of the lower propensities, as otherwise he would transfer his bad qualities of mind to his patient, success must be doubtful, as a perfect healer would be a very rare exception and a veritable jewel. Now, as we cannot look into the human heart, we may be deceived by appearances, and the seemingly greatest saints may be the most abject scoundrels at heart; in such cases, we would be loath to have their mental state impressed upon us. Hence a universal adoption of such a mode of treatment is excluded. A method, however, that cannot be practiced by every one, and everywhere, has very little practical value. Besides, its propounders do not know what sickness is, or how its symptoms originate; if they did, the idea that sitting quiet for half an hour, or for a few hours, would cure cancer or other deep seated forms of disease, would appear most preposterous to them.

Deposits form on account of our breaking God's laws of Health; and Health is restored by our conforming to His laws. To expect that verbal prayer shall remove these deposits *is to expect the Almighty to alter His laws of nature for the sake of our wickedness and stupidity.* Such expectation is an outrage against His noblest gift to man: the intellect.

If prayer or "Mental Healing" would cure, there would be no necessity for living a moderate and virtuous life. We could steep ourselves in excesses and vices, and if the penalties of such transgressions of God's laws threatened us, we could resort to a person who would ward off the punishment by "Mental Healing." It is only the most ignorant who can put faith in such a superstitious belief. Divine or Mental Healing has this in common with the drug school, both methods keep people from applying to more rational and universally effective methods. Outside of this injury, Mental Healing is rather harmless as compared with the Drug system. It is for this reason that we look at the latter method, though having the sanction of the law, as being at the very bottom of all the various methods of cure practiced to-day. This at the present time may appear a harsh judgment, and may be shared by few, but we trust that in a few years, our view will become universally accepted.

To consider ourselves above the animals is very easy; every imbecile can do it; and as a rule it will be found that the most illiterate is most shocked when compared with some animal, or when man's origin is hinted at as pointing to our development from lower forms. With our spiritual elevation we should include all creatures in our benevolence, and hence a cure which could not be used on my cat or dog, I would consider an imposition, and would reject for myself.

God made man so wonderfully, that it takes many years of perverse living to ruin his health. Now, the laws of health are uniform. If sickness consists in the presence of foreign matter, that has imbedded itself in all the various tissues and has hardened there and dried up, it should be obvious to all that to effect its cure will require in most instances a correspondingly long time. Any one who considers this well, will understand that no laying on of hands can improve such an encumbered condition.

If sickness is brought on by a long life of perverse or licentious living; and if God would give any one the power to do away with the consequences of our licentiousness in a moment, it would be adequate to putting a premium on every outrage against the divine laws of health and to give us the privilege of becoming votaries of the cup and other vices.

If divine healers be honest, let them submit to a test; let a number of reliable people,—not their advocates,—examine such patients as they claim they can cure; and in order to see whether these patients are *really* afflicted, or whether they are cheats and imposters who merely pretend to be cured,—and then let the healers restore them in the presence of all. If the healers be honest, they will be only too glad to accept this proposition. If their cures be genuine, they owe these proofs to suffering humanity. We are convinced that every honest healer, no matter what his method be, will sympathize with our suggestion.

No, no; divine healers are not quite so easily caught; they say, "you must not tempt God; you must not make a show of your gifts or they will be taken from you." But there are some spiritual healers of whom we are firmly convinced that they are honest at heart, and mean well, and the ideas which they propound look at first glance puzzlingly feasible. However, as we want to provide for mankind the best possible means of attaining rapid and lasting cure, we hold that the simplest and fairest trial would be to test the various methods in a practical manner. At least we advocates of the natural methods, are quite willing to enter into such a contest; and any one who is unwilling, evidently has his reasons for declining.

In the giving of *Magnetic treatment*, the healer makes certain passes with his hands over the patient. In the writer's opinion, four elements participate in producing the effect. First, the patient must be able to see the movements of the operator. By directing his attention to the movements of the hands, the blood is drawn to that part of the body directly under the fingers; and when the hands move, a blood wave follows them, thus producing a loosening of obstructions. Sleep is induced by drawing the blood away from the brain. If the patient were ignorant of the presence of the operator, the passes would have no effect. Furthermore, the respective ages of the two people, their sexes and characters are of influence in the treatment. If the operator happens to be a person of low morals, great harm may accrue to the patient. With Water Cure, the moral character of the healer has no influence whatever on the patient; and many of the applications may be taken by the patient himself, or may be applied by some relative or other trustworthy person.

Natural methods have nothing mysterious about them. They require no particular state of mind with the healer, except that he be a person of common sense. Our methods and principles can be taught, and ought to be taught in schools; any child of ten or twelve years with average intelligence is able to comprehend them.

IS WATER CURE A HUMBUG?

CHAPTER 28.



ANY of the drugging fraternity call Water Cure a "Humbug," which is another proof of their ignorance; they could hardly say this if they had read the treatise on Water Cure, which John Forbes, M. D., F. R. S., wrote about sixty years ago, and from which we quote the following extracts:

"In consequence of the modern Water Cure having been originated by a non-medical and uneducated man, the medical profession treated it with much contempt, and have shown a pretty general determination not to

admit it into the catalogue of therapeutic means. *Exercising a natural influence on the public, medical men have succeeded in communicating to a large portion of the intelligent classes the feelings entertained by themselves.* Thus hydropathy has become a tabooed subject, being either entirely excluded from medical journals and books, or only admitted into them for the purpose of being ridiculed or utterly denounced. Indeed, it is regarded almost as a violation of professional etiquette to mention this subject in the language of toleration, much more to speak of it with approbation. Whatever we conscientiously believe to be true in medical science, especially if, at the same time, calculated to promote the great end and aim of all professors of the healing art—the increase of the means of lessening the sufferings of mankind—that we shall freely and fearlessly promulgate, careless of personal consequences.”

“Our purpose, in this article, is carefully and calmly to investigate the real merits of the system now so widely established under the name of hydropathy. If it shall appear, that the external application of cold water is capable of being beneficially applied in the cure of diseases, there remains only one course for the members of the profession to pursue, *viz.* to adopt the improvements—regardless of their origin, or their past or present relations.”

“It is not the demerits of the donor or the birthplace of the gift, that, in such a case, we are bound to look to—but simply whether it is qualified to aid us in our glorious and divine mission of soothing the pains of our fellowmen. If it is so qualified, the baseness of its source will be lost in the glory of its use; and, if aught of its original impurity still attaches to its application in our hands, the fault will be in us, not in it.”

“Can it evacuate? Can it brace? Can it tranquilize? We cannot entertain the idea that the professors of hydropathy have hit upon any grand secret concerning the origin or nature of diseases, or the philosophy of their removal. Such a supposition, were it a necessary article of faith in the hydropathic creed, would render us the most obstinate of skeptics.”*

“In a large proportion of cases of gout and rheumatism, the Water Cure seems to be extremely efficacious. After the evidence in its favor, accessible to every body, we think medical men can hardly be justified in omitting—in a certain proportion of cases, at least—a full trial of it.”

* But this is just what the Natural Methods of Cure claim to have discovered,—that we know the origin and nature of disease, and that we possess a rational mode of restoring health. According to John Forbes, it is this very fact that induces the medical profession to maintain their skeptical position. We see the drug profession have not advanced one step since 60 years ago. Furthermore, the remarks of Sir Forbes prove, that the Principles of Water Cure have achieved more than his wildest dreams ever fancied.

"In that very large class of cases of complex disease, usually known under the name of chronic dyspepsia, in which other modes of treatment have failed or been only partially successful, the practice of Priessnitz is well deserving of trial."

"In many chronic nervous affections and general debility, we should anticipate great benefits from this system."

"In chronic diarrhœa, dysentery and hæmorrhoids, the sitz-bath appears to be frequently an effectual remedy."

"The benefits ascribed to hydropathy, but arising indirectly from the abandonment of drugs, vinous and other stimulants, etc., may certainly be obtained without sending patients to Graefenberg."*

"Finally, it must always be remembered that the distinction between quacks and respectable practitioners is one, not so much of remedies used, as of skill and honesty in using them. Therefore, let our orthodox brethren be especially anxious to establish and to widen, as far as possible, this distinction between themselves and all spurious pretenders."**

L. Kuhne writes: "Even the greatest benefactors of mankind, and especially the great discoverers and inventors, have almost without exception been "quacks" and "non-craftsmen," not to speak of the peasant *Priessnitz*, the carter *Schroth*, the theologian and forester *Francke* (*Rausse*), and the apothecary *Hahn*, whose clear minds and strong wills have brought about a new and better art of healing."

We quote the following from Medical Liberty News :

"WHO ARE QUACKS?"

If the arguments are true, the quacks are doing all the business and getting all the money. If this is so, there is a cause for it. This cause must of necessity be that the family doctor has tried in vain for years to cure the patient. He has had a yearly income from such families at a dollar a visit to the extent of \$100, for say 8 or 10 years. Now, the

*The place where the peasant Priessnitz first taught to the world that chronic ailments could be cured by plain water applications.

**We heartily agree to this proposition. It is in *this* spirit that the writer issues this work. The applicants of Natural Methods have no choice but to sever all connection with a class of people who, in the nineteenth century still continues to tell the public that poisoning will cure disease, and for this purpose he would suggest that all practitioners of Natural Methods adopt a special title, *e. g.*, P. N.—Pupils of Nature, which would also remind them to be modest, and to make it the task of their lives to understand Nature. That title is plain English, and no one can hide his ignorance behind it.

patient in disgust, is willing to try a stranger who guarantees a cure for \$250, or nothing if he fails. But he gets the \$250 because he is successful. Such a case we have just across the line in Illinois, where the family doctor failed, and was about to take a young lady to have her eyes taken out, when a quack at the depot interfered and offered to restore her sight for \$250, or nothing if he failed. In two months the sight was restored, and the young lady is healthy and happy. She may be seen; she is not imaginary.

"I have in my possession four pills as large as a common marble, prescribed by a licensed physician of New York City, for a typhoid fever patient, until the patient was at the point of death, when a quack at Chicago was telegraphed for, who responded and applied nothing save water, and the patient began to mend, and is now perfectly well.

"Now, the question still remains, who are the quacks? And again, where are they? First then, we must define the word and then search for the characters to whom it applies. All English-speaking people acknowledge Webster as authority, and his definition for the word "quack" is a "boaster, one who pretends to skill or knowledge which he does not possess. A boastful pretender to medical skill which he does not possess. An empiric, an ignorant practitioner." This is found in the edition of 1897, the very latest. Now to whom does this apply? Webster rightfully takes it for granted that a man or woman who is a graduate is intelligent. But here the word "intelligent" expresses something. It does not simply mean to graduate, or have graduated, but it means possessing a certain knowledge, trained or untrained mental ability. There are intelligent people who never were at school, and there are great ignoramuses who have spent a life-time in school and in study. Webster then, medically speaking, applies the word "quack" to a liar, one who boasts of his cure when he cannot effect the same, whether a graduate or not. Thus we are led to see that there are only two classes of doctors—"Quacks" and Curers, or Healers, or intelligent physicians, whether graduates or not. Hence we will distinguish them as "quacks" and physicians. This reverses the matter. Those who are called "quacks" are the physicians, and those who are known as physicians are the quacks. The two cases above mentioned, fully demonstrate the fact."

An old medical book derives the expression "Quack" from the word Quicksilver. If this origin be accepted, then only those people are entitled to the name of "Quack," who are licensed by the State to prescribe quicksilver or mercury. If the drug schools call healers outside of their own profession, "Quacks," it is because of their general ignorance. No

Pupil of Nature is entitled to the honor of being styled a "quack,"—that distinction belongs entirely to those people who have monopolized the power of poisoning people by quicksilver.

It is an open secret that many of our drug peddlers receive commissions from the drug stores. Thus it is to their interest to prescribe other drugs at every call, no matter how the patient fares under such treatment. This class of would-be healers are not only quacks, but down-right cheats and humbugs; and in as much as people's lives are thereby tempered with, they are actual murderers.

If the system of Water Cure has its weak points, our learned friends, the drug peddlers, would render the public a great service, if they would not merely denounce it as a humbug in a sweeping fashion, but would take the trouble to expose its fallacies and shortcomings. We have done our best to do that much in regard to the poisoning system. As we are sincere seekers after truth, any one who will point out our errors to us, will be welcomed as a friend. We are well aware that *if we are mistaken, our labors will have been wasted; but the principles of Water Cure treatment are so simple and transparent, that we have no misgivings whatever, as to the final issue of the combat.* We will leave it to our readers, however, to decide for themselves which is superior,—the diverse, promiscuous and haphazard treatment of the drug schools, or our simple, rational methods.

A physician who pronounces Water Cure 'a humbug,' has undoubtedly not studied the subject. He should, therefore, remain silent until *competent* to express some opinion. If, however, he has studied the methods and still ridicules or condemns them, he at once proclaims himself either lacking in ordinary intelligence, or more concerned about the fatness of his purse than the health of the human beings under his care. An honest man who really has at heart the life of the patients who trust him, will consider *every* means, whether new or old, that may assist in his work. He is criminally negligent if he discards anything claimed to be helpful, without giving it intelligent investigation. Nor will he allow prejudice or greed to blind his eyes. No one is so blind as he who refuses to see the light; to the drug people it would mean: quit your poisoning. The peasant Priessnitz, in the early part of this century showed the wonderful efficacy of plain water. Since then the new science has made wonderful strides, and hundreds of books have been written on the subject. These are not full of Latin and Greek terms, intelligible only to the few, but are written in plain straight-forward language. Every person may read and practice for himself.

If you, in all honesty of purpose, ask some physicians their opinion of Water Cure, they will treat the subject with such contempt that you would hardly dare to broach the subject a second time to the great man—and he laughs in his sleeve at his cheap victory.

Blindness, deafness, etc., are *not* incurable in themselves. Certainly, they are so under the drug system, and the reason is obvious. If not the result of birth or accident, *they are invariably produced either by drugs or by the irrational doctrines regarding hygiene, promulgated by the drug dispensers.* As far as their own method is concerned, the drug people are correct in pronouncing those ailments incurable. Natural methods also have their limits; after the nerves have been killed by drugs, no process whatever can put new ones in their places.

The Water Cure can, at least, do no harm, whereas drugs cannot avoid working mischief. Water Cure methods can fail only in the hands of a mere tyro at the business; and unless the damage done by the drug people is actually beyond repair, you are sure of being benefited by Water Treatment. *We urge you, for your own sakes, not to be overawed by the idle pretensions and the dicta of the drug profession, but to use your own common sense.* Do not yet give up the struggle for cure; at least not on the verdict of the drug poisoners. *We deem it infamous that these men should refuse to look into the natural methods; it is criminal neglect. It was an outrage on their part to permit Water Cure to sink into oblivion after Priessnitz had performed the wonderful and gigantic task of demonstrating to the world, for the first time, that many chronic ailments could be cured by plain water.* It is a shame that what this low peasant discovered and explained, cannot even be grasped by our drug experimentors. Believe us when we say curing by nature's methods is so simple that every one can understand it, and be able to avoid sickness.

Let us tell you a little fable. Once upon a time, a king possessed a fine piece of machinery. Before long it got out of order, and he employed the first engineers of his realm to repair it. But all their endeavors proved unavailing. At last, a farmer came along and succeeded in making it go, simply by removing a little obstacle that had been overlooked by the professionals. For future reference, the peasant laid down his experience in a book. After his death, the machine again stopped. The engineers commenced their tinkering once more, with the same poor result as the first time; and although they knew of the existence of the book, their pride would not permit them to look into it; they rather preferred to let the precious piece of workmanship go to wreck and ruin. This behavior illustrates the conduct of our drug people in reference to lost health. For

centuries they vainly endeavored to cure *acute* cases; to doctor *chronic* ones, never entered their minds. At last, a German peasant, Vincent Priessnitz, showed them, how not only acute but also many chronic ailments could be cured by plain water. The drug profession, in their self-conceit, still hold the same position to him as did the engineers to the peasant of their time, not caring how many millions of lives are thereby sacrificed to their perverseness, stubbornness and depravity.

The following note is also worthy of careful consideration: "Much is said in these days of reforming medical practice. I can give you an infallible recipe for providing the very best of physicians at the least possible expense. Pay your physician when you are well, and stop his pay when you are sick; or else pay him a stipulated salary whether you are sick or well—*Let your health be to his advantage, and not your sickness his opportunity.* THEN *he will study hygiene, which keeps you well, and not druggery, which complicates your MALADIES AND KEEPS YOU SICK.* AS IT IS NOW, HE IS HIRED, VIRTUALLY BRIBED TO DO THE VERY WORST HE CAN FOR YOU". I know many of you will say, '*my physician is a very excellent man and a good scholar. I have all confidence in him.*' But he says his system is false. Is your confidence in him or in his system? If in his system, you are to be pitied. If in him, take his *good* advice and refuse his *bad* medicine." If people would combine to pay their physicians to keep them in health, Water Cure would be instantly adopted by the drug monopolists.

"The medical profession holds a most false relation to society. Its honors and emoluments are measured, not by the good, but by the evil it does. The physician who keeps some member of the family of his rich neighbor on a bed of sickness for months or years, may secure to himself thereby both fame and fortune; while the one who would restore the patient to health in a week or two, will be neither appreciated nor understood. If a physician, in treating a simple fever,—which if left to itself or to Nature would terminate in health in two or three weeks,—drugs the patient into half a dozen chronic diseases, nearly kills him half a dozen times, and prolongs his sufferings for months, he will receive much money and many thanks for carrying him safely through so many complications, relapses, and collapses. But if he cures in a single week, and leaves him perfectly sound, the pay will be small, and the thanks nowhere, because the patient has not been very sick!"

Dr. Trall continues: "I do not believe there is a physician on earth who has so poor a judgment or so bad a conscience as to be a drug doctor for one moment after he understands the essential nature of disease, or the

rationale of the action of medicines." Trall may have been justified in expressing such a favorable opinion in his times; to-day the case stands different, as these physicians do not attempt to study the nature of disease, and the natural methods of cure. In our opinion, this is partly through ignorance, partly through superciliousness, and partly because of their base selfishness. Numerous patients come to us who have already been treated by many drug empirics, each of whom had *promised* to cure, but had failed. These unscrupulous men frequently give their patients prescriptions, (such as bread pills and colored water) which have no medical effect whatever, with the motive of prolonging the treatment. But luckily, in this way, they give Nature a chance to operate; and the would-be cheat, has only fooled himself. This illustrates the great ignorance of the drug practitioners better than anything else. Undoubtedly the ignorance of the drug peddlers regarding all questions of their profession is greater than that of any other vocation? If the medical laws which protect their ignorance at present, should be repealed, they would study natural methods quick enough, because then, coming into unrestricted competition with other would-be healers, *they would be compelled to cure or go out of business*. But it is only the natural methods that possess any curative power at all.

Our attention was once called to the case of a man who was suffering from the last stages of Locomotor Ataxy. His physician, who must have known that the man was incurable, bade him hope, and continued treatment, (all the while receiving his pay), for six months, when the patient's purse gave out. Then the drug prescriber insisted that there was still a last resource—a certain bath in Europe. By pawning everything of any value, enough money was obtained to send the patient abroad. On his arrival in Europe, he was told that his condition was incurable, and that he had better return home again at once. The patient came back in a worse condition, and minus his last farthing. This occurred A. D. 1897, in the City of N. Y.

At another time a wealthy paralytic was sent to us. He had been attended by eminent physicians who, thinking the case hopeless, had given up the treatment. So the patient commenced with our system. He made such satisfactory progress that, in the joy of his heart, he gave us a present outside of the fees stipulated. But before a month had passed by some one told him that probably he would do even better, if he went to Germany, *the fountain-spring* of the Water Cure treatment. The patient asked our opinion, which contended that he was not in a fit condition to take the voyage. But the man had set his heart on it, so we proposed that he be examined by another physician. A drug doctor, supposed to

be the *best* in Jersey City, made the examination, and finding heart, lungs, liver, etc., in a normal condition, pronounced the patient able to make the trip, which was consequently undertaken. We did not expect to see him again for some months, but ere four weeks had elapsed he notified us of his return. He only went as far as Ireland and then had to come back. Before he left us, the man was able to walk about, and to mount and descend the stairs; his bowels, too, were in a fair condition. On his return, *the lower half of his body was totally paralyzed*; he could not even move a toe. During the first week under our treatment, he showed signs of improvement again. At this juncture, his former physician, though not called for, forced his services on the patient. For a time, we both treated him. This great celebrity, the head of several Hospitals, disagreeing with our mode of employing electricity, gave us his own instructions. In order to prove him an ignoramus, we followed them out; and, as we expected, instead of improving the patient, *we lost the advantage already gained* under our treatment. Then we informed this eminent light of the medical school, that his directions had resulted in failure. whereupon *he stated confidentially that he knew nothing about electricity* and would have to leave that part of the treatment entirely in our hands; in spite of his ignorance on the subject of electricity, he had experimented with the life of this patient. Knowing the immense power of natural methods, and feeling confident of the patient's recovery if left exclusively to us; we urged the physician repeatedly to prescribe no more drugs. But our entreaties were disregarded; so, as we knew cure would never be effected under such opposite treatment, and considering it dishonorable to continue to receive pay, under such conditions, we left the field to the drug vender. The patient died shortly afterwards, and his widow received a splendid death certificate, duly made out and signed by this learned (?) Esculapian, to whom even his brethren in the drug profession look up with pride and admiration.

The principles of *Natural Methods are easily grasped*. Neither Priesnitz, Seb. Kneipp, L. Kuhne, nor any of the many other great advocates of Water Cure (with the exception perhaps of J. Shew, R. T. Trall and Winternitz) ever attended a medical college. Now, if they *invented* the necessary processes to effect their wonderful cures, doubtless any of our readers will be able to acquire a sufficient amount of knowledge to answer their daily purposes.

At one time we were called to attend a poor Jewess. Her illness had commenced about two months previously with pneumonia which was so effectually suppressed by drugs that gangrene of the foot had set in. The only remedies the drug physician had for the trouble, were ice appli-

cations and pain killers. When the writer was called in, he found the patient in a terrible condition: there was high fever, loss of appetite, severe pain all over the body, and the left foot was swollen, hard and black. By order of the drug quack the leg had been suspended from the ceiling for the last two weeks, day and night, to relieve the blood pressure. Every inch of the patient's body was so excruciatingly painful that she could not be turned or raised even to remove her soiled bed-clothes. She was under our treatment for a week before they could be pulled from under her. Then it required another eight days, before she had advanced sufficiently to admit the lowering of the leg from the ceiling. After a month, the patient was able to sit up in bed, and at the end of two months she ventured to take her first steps using the sore leg, although the foot was still quite out of shape. During all this time, her former physician continued his unsolicited visits, disparaging our treatment as much as he could. Once, he also brought a surgeon with him to induce her to go to the hospital, presumably for amputation. Quite frequently when we called, we would find the patient in tears and excitement, because the honorable legalized drug dispenser had told her again that under our Water Cure Treatment, she would remain a cripple for life. She ought to have known that it was he himself who had brought her into that plight. Seeing that under the circumstances we should probably lose the care of the patient, and that then the patient would lose her foot, we tendered our further service gratis, and by this strategy had the satisfaction of saving the foot.

Let these few instances suffice to show you, what we think of the honor and integrity of those who prescribe drugs. These people are directly bribed, as it were, to keep their patients ill as long as possible. We consider ourselves in duty bound to expose their unscrupulous conduct to the contempt of the public. Recall, if you please, our case of the gentleman who was treated by specialists with drugs for twenty-eight years, and who was finally cured in twenty-four hours with plain water. The drug treatment cost him thousands of dollars, while our charge was only some thirty dollars. We leave it to your judgment whether it would pay the regulars to cure so quickly.

The author's mother was at Death's door, when she was snatched from the hands of a legalized drug poisoner by a practitioner of Water Cure, and restored to health: and he has been repeatedly told of how his father was cured of typhoid fever, by a prolonged plunge into ice-water, taken with suicidal intent during delirium. The writer himself, while a student at the University of Berlin, was taken sick with abdominal trouble

which the Professors of the University could not cure. He bethought himself of the effect of Water Cure in the cases of his parents, and of his own accord began to apply cold water compresses, and finally succeeded in curing himself, after 1½ years of suffering.

The first book that opened his eyes to the imperfections of the medical school, and to the rational views of Water Cure, was L. Kuhne's "New Science of Healing," which so impressed him that he determined to establish at once an institute for Water Cure Treatment. However, beautiful as Kuhne is in theory, it was soon found that there were many defects in his system. These are to a great extent, supplemented by Kneipp's methods. The writer started with the books of these two men as guides, and, with no personal instruction, but by dint of making a careful study of each individual case that presented itself, and by persistently endeavoring to follow the present condition of a patient back from cause to cause, he managed to advance (in this particular) a little beyond Kuhne who finds the cause of every sickness to be deposits of foreign matter, instead of reducing it to perverse living. The author argued that this abnormal matter must have reached the system somehow, and at some time; and he invariably found that man's deviation from the way assigned to him by Nature, to be the primary cause of his sickness. All we need to do in order to be cured (if our theory be correct) is to return to Nature's mode of living. The author is what the 'regulars' condescendingly style 'a quack.' He, however, can return the compliment, and we have every confidence in the intelligence of an enlightened public to discriminate between a genuine quack and a true healer.

Why do the drug people refuse to adopt Water Cure? Because they are too proud and supercilious to adopt a method, invented and promoted by non-professionals, who also discovered the true cause and only cure for disease, where they—the 'regulars'—failed inspite of all their fine array of great professors, university and college instruction, their clinics, drug stores and countless surgical and other medical equipments. This confession is too humiliating to them; they would rather close their eyes, and strike blindly about like mad men. But the outrage perpetrated by them against the public, is the greater when they designate Water Cure as a humbug. Some condescend to say that it may be good enough for some trifling ailment, but will not answer in serious cases. In this *they lie, and they know they lie!* It fills us with sadness to see a class of people, whom we would be only too willing to regard with reverence and confidence, stoop so low in order to escape the odium of accepting information from those outside of the profession. How long, however, can

they withstand? Till the public becomes enlightened on this subject and awakes to the fact that they are being cheated by the drug profession of their natural privilege of enjoying good health; and until men informed on this subject introduce legal measures for the abrogation of drugs as remedial agents. Our drug poisoners will never take the initiative; so do not wait for them to act.

With the view to cover their ignorance, the medical people put on airs; they give their advice, no matter how perverse or harmful, with positiveness; they come in carriages, and by acting in a blustering fashion, impress the public with a sense of superior wisdom.

"Are Drug Doctors frauds?*" Judge for yourselves from the *advice given by an experienced physician to his younger colleagues.*

Make your calls as often as you possibly can.

Do not specify your bill; a nice round sum looks more genteel.

If you have a really serious case, be conscientious and call an expert in consultation.

Never forget the bonbons for the children of a sick mother.

Always prescribe the biggest dose—that pleases the druggist and he recommends you.

If you find that you cannot save your patient, get sick yourself.

Very disagreeable cases belong in the clinic.

However, if you are quite positive regarding a case, express doubts—a remunerative way of managing.

If you happen to have a patient who possesses some medical knowledge and who shows a sharp gift of observation, advise him to consult a specialist, and this one will soon recommend him further, etc."

WHO DOES NOT KNOW

What people should eat and drink? The drug doctor.

Who thinks that meat gives most strength? and who overlooks the prostration consequent on the prescribed stimulants? The drug advocate.

Who does not instruct his cook what food to prepare, and how, but eats indiscriminately what his kitchen fairy deems proper to place before him? Who does not know, when or how often people should eat? The drug vender.

Who does not know, at what temperature, food and beverages should be taken? Who weakens people's digestion by advising them to take

* Taken from the New York Review; although probably meant for a jest, we all know there is a good deal of truth in it.

copious draughts of hot water, and to eat predigested foods? The drug dispenser.

Who does not know, how often a normal person evacuates from the bowels? The drug prescriber.

Who makes a person evacuate from the mouth, and who, again mistaking the rectum for the mouth, introduces food through the anus, considering this feat a wonderful and scientific achievement? The member of the drug ring.

Who is unable to put mothers in a condition to nurse their infants, but writes voluminous books on *artificial* feeding, and thereby kills budding humanity by the millions? The drug peddler.

Who knows nothing about making parturition easy, and avoiding puerperal fever, and who by his ignorance causes annually the death of hundreds of thousands of mothers? The licensed quack.

Who does not know what sickness is, and yet has the effrontery to boldly experiment on people's lives with the most rancorous poisons, thereby not only *causing* each and every one of the chronic ailments, but also the general miserable condition of ill-health throughout all civilized nations? Who else but the drug monopolist?

Who boasts of his fine diagnosis, of his many thousands of drugs, and his countless implements, but cannot cure any ailment, not even a little cold in the head? Who is unable to recognize the diseases latent in a system, and hence cannot prevent them? Who in his ignorance, insists on the necessity of local examinations, thereby carrying depravity into the sacred bosom of families? The drug poisoner.

Who hides his ignorance by finding fault with the air and the climate, and sends his patients to the south, the sea-shore, the mountains, and to mineral and hot springs? The drug quack.

Who, instead of using harmless plain water, prescribes poison after poison, thereby drugging the sufferer from one ailment into another, until his vitality is so far reduced that it can no longer respond to drugs? Who then seizes his knives, saws and other implements of devilish invention, and cuts and slashes his fellow-creatures to pieces, delivering them up to premature graves—all for the sake of a few paltry dollars, and that with absolute safety to himself? The man in the drug trust.

Who is paid the more, the longer he contrives to keep his patient sick? The commercial but unscrupulous quack.

Who is that clever fellow who thinks all those countless drugs and cutting instruments necessary to effect a cure, though the dumb animal gets along in comfort and security without them? The great surgeon,

who, like a vampire, is always insatiably thirsty for human blood.

Who needs those numerous tools to deliver a human mother, whereas wild beasts bring forth a dozen young ones at a time, without aid or implements? The specialist.

Who cannot save his own children, and who cannot cure himself? The expert of our drug schools.

In what schools are people taught how to poison their fellow-creatures in a scientific manner, and to cut them up alive? In the medical colleges.

Who is ignorant of the purposes of sexual intercourse, and how often it should take place to be normal? Who, unable to control the passions in a natural way, teaches the youth that continence is harmful to health; prescribes vice, poisons the public mind by his obscene teachings and thereby makes himself the caterer for prostitutes? You know him.

Who, unable to cure pimples in the face, prescribes marriage for a remedy? The wise esculapian.

Who teaches women how to avoid the most secret and blissful duty, motherhood? And who tells women that nursing will harm them, and who thereby ruins the health of both mother and child, and the happiness of family life? The medical friend.

Who first brought the curse of alcohol upon mankind and who accustoms people to the use of morphine and other pernicious habits? The man with little brains.

Who must be destitute of every noble feeling, in consequence of the false position he holds in society? Our much revered drug doctor.

Who are to blame for this universal abyss of wretchedness, misery, sickness, vice, debauchery, and ruin of family bliss? The drug coryphaë.

Who, despite his awful ignorance, and, notwithstanding the havoc he plays with health and life, looks contemptuously upon the laity, who fail to see him in his true colors? The great drug light.

Who watches with jealous eye, and who spies around the advocates of natural methods, always ready to pounce upon them from his secure position of monopoly? The drug scientist.

Who is rife for both the insane asylum and the state prison? The answer to this question, we leave to all people possessing common sense.

How is it that we are not horror-stricken at the enormity of such conditions? Because the drug people have already succeeded in so utterly perverting public sentiment, that we have lost our standard of what is right or wrong, regarding such questions.

Who knows the nature of sickness? Who recognizes coming ailment, and prevents it? Who can cure every ailment, when fresh? Who exerts

himself to show his patients how their ailments originated, and what they must do to become and always remain well? Who has no need for poisons and cutting tools? Who instructs people how to control their passions in a simple, natural way? Who teaches mothers how to have easy childbirth, devoid of all danger, and how to nurse with comfort and pleasure? Who is ever anxious to lead mankind back to nature and to a natural mode of living? Whose ambition is it to assist in producing a healthy race capable of enjoying life from the cradle to the grave? The advocate of the Nature Cure.

Whose duty is it to study this method, and to uphold it, if he finds it the proper thing? Every one's.

We do not speak against physicians indiscriminately; there are, no doubt, some conscientious medical men, who actually have the best welfare of mankind at heart, but they are very rare exceptions, and, in our eyes, they represent the most ignorant of physicians. If they were not so ignorant they would investigate the natural methods of treatment. Say, if you will: "Perhaps they have done so and found that there is nothing in it." Very well, then let them state their objections plainly, and let you and others decide for yourselves.

Our controversy is not directed towards those who have merely studied medicine, but towards the men who have studied it and still continue to prescribe drugs.

Either the Water Cure system is a "Humbug," or the prescribers of drugs are deficient in intellect and honor. Only one of these systems can be correct. The future will decide.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.

Even after being drugged for years with the result of health utterly shattered, the confidence of some people in the Drug system is so blind as to consult their medical advisers regarding Water Cure. What their verdict will be, is plain as daylight. Patients so dull of intellect have our sincerest pity.

MEDICAL LAWS.

CHAPTER 29.



PERHAPS some of the gross evils existing under the present conditions of Medical Laws are best shown by quoting verbatim the following protest from Dr. J. Armstrong, President of the Illinois Health University, wherein he insists :

1. "That under existing medical laws the people are deprived of their most sacred liberty—the right of every man in the hour of sickness and in the presence of death to choose his own physician. Such laws are tyrannical.

2. "That, as under these laws the state board of health can prosecute, convict and have a physician who does not suit it fined for saving the life of a patient that said board may have pronounced incurable, and if said physician is unable to pay said fine (\$100 for saving the first life and \$200 for saving the second life), said physician can be committed to jail like a criminal until said fine and costs are paid. These laws are oppressive and inhuman.

3. "That these laws were not asked for by the people, but were smuggled through the legislature by the allopathic doctors, without the knowledge or consent of the people, as no sane man would petition the legislature to deprive him of his God-given liberty and make saving the life of his children a crime.

4. "That while such allopathic doctors as are now members of the state board of health have succeeded in securing the enactment of such oppressive laws under the false pretense of protecting the people, the real object of such laws is to sustain the graduates of allopathic medical colleges, who can not without legislation in their favor command enough public patronage to keep them from starving. These laws, therefore, are a piece of class legislation for the benefit of one medical system.

5. "That instead of the people being protected by such unconstitutional, monopolistic legislation, they are not protected from ignorant pretenders and imposters in the medical profession, and in thousands of cases are compelled to go without the practice of their choice or else submit to legalized cruelty, whereby the modesty of women is most shamefully outraged, such patients often having their wifelyhood and the possibilities of motherhood brutally destroyed, rendering physicians who treat them more to be dreaded than disease itself.

6. "That the education given students in the allopathic medical colleges of to-day does not qualify them to become safe and competent practitioners; that a large portion of such teaching is unscientific, unreasonable and contrary to the dictates of common sense; and that eminent men in their own school have admitted that such teaching is but 'learned quackery', 'hypothesis piled upon hypothesis,' 'absurdity, contradiction and falsehood.'

7. "That as a result of such false and erroneous teaching, and such blundering and poisonous practice, the world is being filled with incurable invalids, that crowd into our hospitals and infirmaries expecting to get the best of skill, but are there used by surgeons to display their dissecting powers before their students, the poor being sacrificed to the interests of that profession, so that these professors may, by continued practice, become more expert in cutting up some richer victims. Limbs are amputated, women are unsexed, and the most horrible and unnecessary operations are performed, when such infamous outrages would be impossible were it not that those oppressive laws shield them from the public they have outraged.

8. "That it is a popular delusion to suppose that the most valuable medical knowledge is acquired in the dissecting room, cutting up dead bodies, and that all the boasting we hear of the crowning skill that pathological anatomy affords, is one of the most stupendous humbugs by which the people are most lamentably fooled out of their money, their health and their lives.

9. "That the practice of vivisection, or the cutting up and torturing of live animals, as practiced by the professors in medical colleges is the blackest cruelty that the law of any land ever let go unpunished; that the agony thus inflicted upon helpless animals is so appalling that the knowledge of its atrocity has darkened forever with its hideous shadow the sunshine of many a noble and generous heart, and that said college professors, respectable as they may appear to be, if justice was done, should be confined within the walls of the penitentiary and compelled to practice on one

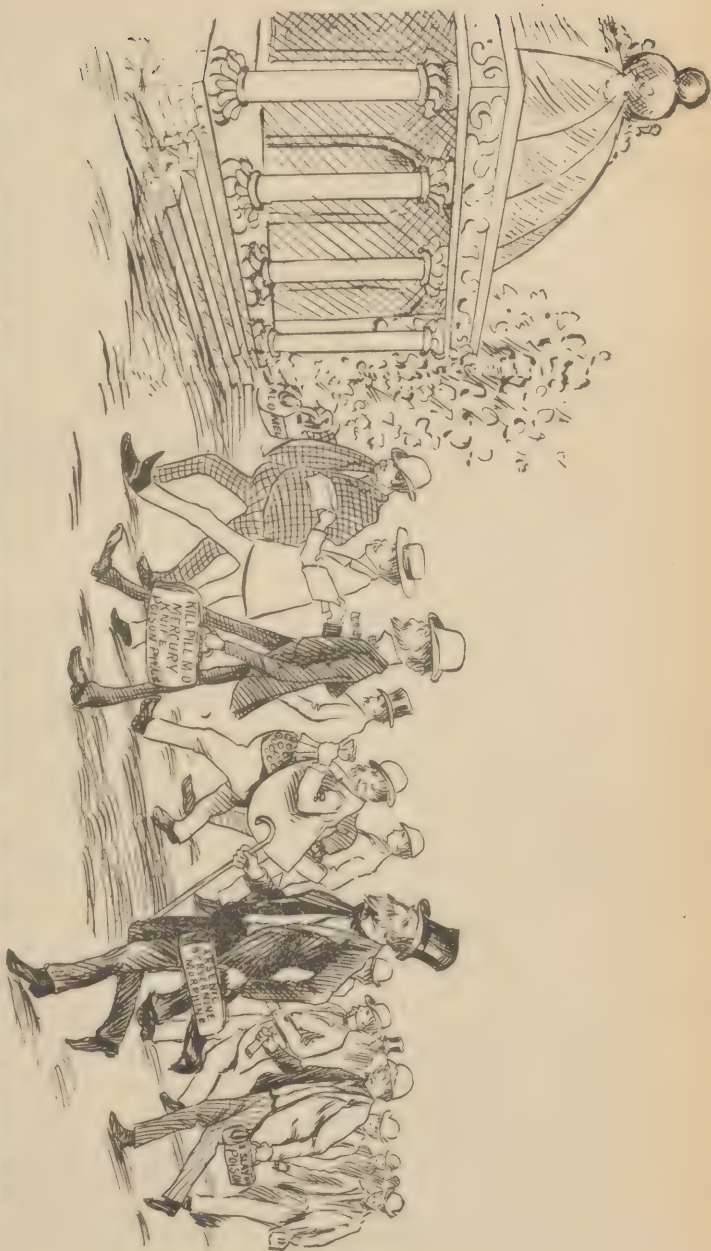


Fig. 142. The drugging fraternity applying for more legislative protection of their pockets. Types of quacks who want protection in order to secure more tariff. Mr. Sure-Kill says: The people are finding out that our system of blood and drug poisoning, anti-toxin, vaccination and bad surgery generally kills our victims; we cannot keep it up unless we get laws to protect us. Dr. Knife: The people want to patronize irregulars; they are flying from us; our only hope is a protective law. The people cannot be trusted to choose their own physicians, because then they would not employ us! (Medical Liberty News, Chicago, Ill.)

If the drugging and cutting profession would seek more knowledge and enlightenment, and welcome it from any source, they would not be under the necessity of seeking legal protection. Their own efficiency would protect them ; it is on account of their utter failures, that people turn away from them. Unable to compel the public to come to them by virtue of their efficient treatment, the drug quacks appeal to legislature to *force* the people to take their poisons and to submit to their horrible butchery.

another until each of them had suffered at least double the amount of torture they have inflicted on dumb and helpless animals in their colleges.

In order to understand fully how laws permitting such a state of affairs could be passed, we must go back about fifty years. The persecution began when Dr. Samuel Thompson published a little book, showing people simple means of healing and curing forms of disease which the old school doctors had failed to remedy. The allopathists saw money slipping from their pockets, and throwing dust in the eyes of the legislature, asked for a law to protect the people against "irregular practitioners," whereas their real object was to protect themselves. (FIG. 142).

"Thirty States of the Union have been hoodwinked into passing laws that make life-saving a crime, if done by one not armed with a diploma approved by the Board of Health (Death!) Think of a law that allows such instances as the following to pass:—

"Some time ago in an eastern city a little child was taken sick with diphtheria. An allopathic physician was sent for. The little girl grew worse and worse, and finally the doctor said to the mother: 'Madam, your little child cannot live over thirty minutes, and I am afraid will be dead in five.' 'My God!' said the mother, 'I cannot stand it. Can't you save my little girl?' He replied, 'No, madam. You must resign yourself to the mysterious rulings of Providence.'

"Just then the nurse suggested a remedy that she had seen used, and the mother said, 'Prepare it at once.' She bounded out as she was bid. 'Madam,' said the doctor, 'is it possible you would allow a quack nurse to prescribe for your child, doctor your child?' 'Certainly, you cannot cure my baby, and I will do anything to save her.' 'You shall not give it to her,' was the reply. 'You will be arrested to-morrow morning for violating our law, if you do.' Turning her large brown eyes upon him, looking the coward through and through, and pointing to the door she said: 'Get out of this house, you beast,' and he got. The remedy was given and in ten minutes the child was out of danger.' (Medical Liberty News).

And again, *'A little child was dying, and had been given up by the leading drug doctors, and as a last resort the mother sent for an *unlicensed* woman physician. Under her assiduous care the child grew better. Near by was a woman whom the same 'allopathic doctor' had been attending a long time, and the longer he doctored her the worse she grew. He evidently did the best he could, but she grew worse and worse. She called

*The following pages up to p. 432, are quoted from a lecture on the 'Allopathic Char' by Dr. R. C. Flower.

this woman physician, and, strange to say, the patient got better immediately. In the course of two or three weeks, this little child, from the throes of death, from the shadow of the grave, where it was consigned by the allopathic doctor, was, by the faithful treatment of this little woman, brought back to health and life, while the mother with the tears of joy bathed the withered cheeks of her little girl. Ladies and gentlemen, for performing these cures the allopathic doctors had this little woman arrested (as a culprit), and tried like a criminal. What was she tried for, and for what was she convicted?

"The complaint alleged that she had violated the law, in performing the art of healing. They did not arrest or convict this woman for letting her sister woman die. They did not punish her for letting that little child sink into the arms of death. They did not prosecute her for manslaughter, negligence, falsehood, or immorality. They arrested this little woman

FOR CURING HER SISTER-WOMAN

and this little child, when *they* could not cure them themselves. They tried this woman for transforming the withered baby into a beautiful, rosy-cheeked little girl,—taking it out of the cradle of death and placing it in the full sunshine of health. They prosecuted her for lifting the mother of a large family of children from the bed of weakness, sickness, and death, bringing the rosy hue of health back to her cheeks. They convicted her, under your law, for performing these splendid cures, after *they* had proven their own incompetency by failing to give relief." (Medical Liberty News). (FIG. 143).

"Russia, with her laws of tyranny, never had such an infamous statute. There is not a law in Bombay, in Chili, in Peru, in Asia, nor in Europe, where for ages have reigned the autocrats, and where, sanctioned and upheld by law, have flourished the thumb-screw, the rack, the fagot, the stake, and the flame, that would convict a woman for curing a dying child.

"I cannot express the feelings I had over the way this woman was outraged at the hands of these legalized doctors. Though I had never seen this lady physician, Mrs. Post, I felt this way,—that my mother, now, under the weight of many years, bending towards

THE SHADOWS OF THE LAST SLEEP,

whose love and smiles have been my joy and solace from childhood until now, IS A WOMAN; that my sister, my hope and pride, when tender and young, as now she is, with a heart of love and a nature as generous as the Author of All Gifts, IS A WOMAN; that my wife, queen of my home, the inspiration of my work, the epitome of all that is lovely, beautiful and

good, to whom I owe so much for what I am and what I hope to be, is a WOMAN; that my little girl, upon whose face five summers have painted the rose of health, the smile of glee, the kiss of love, suggesting what, if she lives, the blossom soon will be,—if life is spared, will soon be a woman; and the man who insults a woman, though she be poor and humble, though I have never seen her, and knew her not, that man insults me. I telegraphed immediately to my friends in this city to see that this woman was cared for, that bail was furnished her, counsel provided, and that the case be taken to any court that was necessary, at my expense, and see that this wrong was righted. It was done, and in the higher court this woman was discharged.



“NINETEENTH CENTURY PROGRESSION IN MEDICINE.

FIG. 143. She cured patients given up to die by members of the State Board of Health (?) That was breaking their unconstitutional Medical Monopoly law, and demonstrating their medical ignorance and incompetency to the world, and she must suffer the penalty for that terrible offence.” (Med Lib. News.)

“Ladies and gentlemen, just look at this for one moment. This law licenses the man who doctored on this woman and little girl and failed to help them. He stands before you a full-fledged licensed physician to-day. It convicted this little woman who cured these two persons that he had pronounced incurable, and whom he, as one of the examiners, would not

license to-day. On the one hand, it made a cure performed by the one a crime, but

MADE ALMOST MANSLAUGHTER,

performed by the other, a virtue. Now can you imagine anything more infamous than this? If you could take a fine tooth-comb and rake the bottom of

THE BOTTOMLESS PIT,

catching everything small and miserable, vile and leperous, scrofulous and lecherous between the teeth, and I care not how close you have the teeth, there would be some things in the bottom of that pit you could not catch, and these things would be the cowardly professionals who would strike down a helpless woman for curing the dying when they could not, for preventing death from making orphans in one home and the poor mother childless in the other, when they by their incompetency failed to help."

Dr. R. C. Flower continues: "These doctors are never satisfied; they are like the old Asiatic He-steeles, the more they eat the hungrier they get; and, as a rule, they are the most hungry people I ever saw. They no sooner get one law passed than they begin to edge up to the legislature the next year and ask for more. A few years ago they tried to pass a law in an eastern state prohibiting men from manufacturing or selling patent or proprietary medicines, or selling spring water or cosmetics (now that is a little hard on the ladies), camphor, ice, or anything of the kind, unless they were permitted by a prescription from a licensed doctor. Think of it! The beautiful bubbling spring, inspired by the tender touch of that Infinite One to flow with its numerous virtues to the earth, forbidden by these doctors. Think of it! The glass of spring water prohibited by law, except when the doctor prescribes it, costs five cents. The doctor's prescription costs a dollar. That would make the glass of water cost one dollar and five cents. That is too much. For fear they might fail to pass this bill, they provided that if the manufacture of proprietary or patent medicines was permitted, then they beg that the manufacturer of these medicines be prohibited from advertising his medicines in the newspapers of the country in any way whatsoever, and, if he be permitted to manufacture patent or proprietary medicines, he be compelled to write in plain English the formulæ for these medicines on the label outside of the bottle. This is rich. The leading medical physicians of this country, be it said to their praise, have never asked for a medical law. They want to know what is in the medicine. They know that there is more virtue in these medicines than they possess, and they want to get at it. Now think of it! this class of doctors who never write anything in

plain English themselves, now ask that their rivals be compelled to. These doctors ask that their rivals be compelled to do what it has never been possible to make them do. This is cowardly. This is asking for an advantage which men of chivalry would never ask.

"Ladies and gentlemen, I oppose this medical law because it places the control of medical practice in the hands of the most incompetent class of professionals on the face of this earth. This is my first reason for objecting to it. Very many diseases the medical doctors do not pretend to cure. There are some diseases they say nobody can cure. That means that they cannot. Take consumption or cancer, for example. Can they cure it? They say no, because it is incurable; yet if a man comes to them with consumption, they will take his case every time, and they will treat him as long as he has got a dollar, and if they think he is going down a little too fast so it is not healthy for them, they advise him to go to Florida or California, or Europe, where he will die before he comes back. After they tell him he cannot be cured, he goes to somebody else and gets well. Then they swear he never had consumption. If he stays with them he has the consumption and dies. If he goes away and gets well he never had it. There are many people in this house acquainted with such cases."

There is still another case: (From Medical Liberty News).

"About two months ago, a 'regular' physician in practice, among his patients had a lady whom he had treated for sometime without making any headway toward improving her health; his charges were regularly exacted and promptly paid, but after trying his treatment sufficiently long to become satisfied that he did not understand her case, or if he did he could not do her any good she dismissed him; shortly afterwards an acquaintance of hers induced her to try a spiritual healer, and in the course of two weeks she was entirely restored to good health. The physician who had treated her with no success, hearing of her recovery, swore out a warrant against the healer for daring to treat the sick without a license; he was arrested and brought before Justice Clifford. Alarmed at being rated a criminal for relieving human suffering and naturally being timid and having but few acquaintances, he made no contest to ascertain his rights before the law as a citizen; he was fined \$60 and costs."

What person with any sense of justice would not feel outraged at such acts of lowest rascality?

THE DOCTORS' DOCUMENT.*

Showing how they want to protect the dear people.

"The following letter which was sent to physicians all over Indiana tells its own story. It was sent to us by a broad guage successful physician who has been in practice twenty years, who is opposed to all medical legislation. It shows that the idea of the doctors is to get laws that will protect them in their scheme to "raise their fees in one year from 50 to 100 per cent." against the poor people who must employ them :

Confidential and . . .

Strictly Private.

Dear Doctor :—

"Of course you are aware of the fact that some very much needed medical legislation is now pending in the Indiana legislature, and the strong opposition from the so-called 'liberal doctors' is about to defeat it. This we must not permit ; for two reasons—first, we must have the supervision of the practice in this state, and next we must have protection. We, you know, deserve much better fees than we get, but can never get them till we have a state board to control the practice, and then we can shut out the cheap and inferior men who are willing to practice for any beggar price. And next we can raise the requirements, so that it will take at least seven years' study and college course. Then every ignorant country clod-hopper cannot push himself into the profession to compete with respectable physicians.

"Where such laws, as we ask, have been tried, as in Pennsylvania, Illinois, etc., fees have been raised in one year from 50 to 100 per cent.

"Now, what we want is this : If POSSIBLE GO to Indianapolis, Wednesday, March 4, and visit the legislature with the many other doctors that will be there for the same purpose, and as a body, we will demand the passage of a certain bill, and get it and have it signed before our opponents know what we are doing. Of course you know where the headquarters are—go there upon arrival in the city.

"Bring a few dollars extra, as we will need some money. We confidently expect 500 physicians present that day. If it is impossible to come, write to your member in the house and senate, urging the passage of this bill.

Read and destroy this at once.

By order of Committee."

* The following pages are extracts from Medical Liberty News and other pamphlets by J. Armstrong, M.D., Chicago, Ill.

THE FOLLOWING IS FROM HERBERT SPENCER'S "SOCIAL STATICS,"
UNDER HEAD OF SANITARY SUPERVISION, CHAP. 28.

"This theory, of which Boards of Health and the like are embodiments, is not only inconsistent with our definition of State duty, but is further open to strictures, similar to, and equally fatal with those made in analogous cases. If by saying 'that it is the duty of the State to adopt measures for protecting the health of its subjects,' it is meant (as it is meant by the majority of the medical profession) that the state should interpose between quacks and those who patronize them, or between the druggist and the artisan who wants a remedy for his cold: if it is meant that to guard people against empirical treatment, the State should forbid all unlicensed persons from prescribing, then the reply is, that to do so is to directly violate the moral law. Men's rights are infringed by these, as much as by all other trade interferences. The invalid is at liberty to buy medicine and advice from whomsoever he pleases: the unlicensed practitioner is at liberty to sell these to whomsoever will buy. On no pretext whatever can a barrier be set up between them, without the law of equal freedom being broken; and least of all may the government, whose office it is to uphold the law, become a transgressor of it.

"Moreover, this doctrine, that it is the duty of the State to protect the health of its subjects, cannot be established, for the same reason that its kindred doctrines cannot, namely, the impossibility of saying how far the alleged duty shall be carried out. Health depends upon the fulfilment of numerous conditions, can be 'protected' only by insuring that fulfilment; if, therefore, it is the duty of the State to protect the health of its subjects, it is its duty to see that all the conditions of health are fulfilled by them. Shall this duty be consistently discharged? If so, the legislature must enact a national dietary; prescribe so many meals a day for each individual; fix the quantities and qualities of food, both for men and women; state the proportion of fluids, when to be taken, and of what kind; specify the amount of exercise, and define its character; describe the clothing to be worn; determine the hours of sleep, allowing for the difference of age and sex, and so on with all other particulars necessary to complete a perfect synopsis, for the daily guidance of the nation; and to enforce these regulations it must employ a sufficiency of duly qualified officials, empowered to direct every one's domestic arrangements. If, on the other hand, a universal supervision of private conduct is not meant, then there comes the question: Where, between this and no supervision at all, lies the boundary up to which a supervision is a duty? To which question no answer can be given.

“There is a manifest analogy between committing to government guardianship of the physical health of the people, and committing to it their moral health. The two proceedings are equally reasonable, may be defended by similar arguments, and must stand or fall together. If the welfare of men’s souls can be fitly dealt with by acts of parliament, why, then, the welfare of their bodies can be fitly dealt with likewise. He who thinks the State commissioned to administer spiritual remedies, may consistently think that it should administer material ones. The disinfecting society from vice may naturally be quoted as a precedent for disinfecting it from pestilence. Purifying the haunts of men from noxious vapors may be held quite as legitimate as purifying their moral atmosphere. The fear that false doctrines may be instilled by unauthorized preachers, has its analogue in the fear that unauthorized practitioners may give deleterious medicines or advice. And the persecutions once committed to prevent the one evil, countenance the penalties used to put down the other. Contrariwise, the arguments employed by the dissenter to show that the moral sanity of the people is not a matter for State superintendence, are applicable, with a slight change of terms, to their physical sanity also.

“Let no one think this analogy imaginary. The two notions are not only theoretically related : we have facts proving that they tend to embody themselves in similar institutions. There is an evident inclination on the part of the medical profession to get itself organized after the fashion of the clergy—moved as are the projectors of a railway, who, whilst secretly hoping for salaries, persuade themselves and others that the proposed railway will be beneficial to the public, moved as all men are under such circumstances, by nine parts of self-interest, gilt over with one part of philanthropy. Little do the public at large know how actively professional publications are agitating for State appointed overseers of the public health.

“Whoever has watched how institutions grow, how by little and little a very innocent-looking infancy unfolds into a formidable maturity, with vested interests, political influence, and a strong instinct of self-preservation, will see that the germs here peeping forth are quite capable, under favorable circumstances, of developing into such an organization. He will see further, that favorable circumstances are not wanting, and that the prevalence of unemployed professional men, with whom these proposals for sanitary inspectors and public surgeons mostly originate, is likely to continue.

“The most specious excuse for not extending to medical advice the principles of free trade, is the same as that given for not leaving education

to be diffused under them, namely, that the judgment of the consumer is not a sufficient guarantee for the goodness of the commodity. The intolerance shown by orthodox surgeons and physicians toward unordained followers of their calling, is to be understood as arising from a desire to defend the public against quackery. Ignorant people say they cannot distinguish good treatment from bad, or skillful advisers from unskilled ones; hence it is needful that the choice be made for them; and then, following in the track of priesthoods, for whose persecutions a similar defence has always been set up, they agitate for more stringent regulations against unlicensed practitioners, and descant upon them the dangers to which men are exposed by an unrestricted system."

The following also is taken from *Medical Liberty News*: "Nearly all discoveries of medicine and remedies were made by accidental occurrence, and those facts were often made by the common people and told to the doctors, who would not believe them at first, but tried to have laws passed to prevent their use, and afterwards adopted them in practice and assumed the cheek to prate about scientific progress.

"Harvey, who discovered the circulation of the blood, was cast out of the law-making medical society of his day, and was even thrown into prison.

"Baron Larrey, who first tied a blood-vessel to stop bleeding, came very near being hanged by the doctors of his day. They claimed that the proper way to stop bleeding was to pour boiling oil into the wound.

"The best medicine known to the world to-day, for the cure of a loathsome disease was given to Dr. Sims by an old negro and he obtained it from the Creek Indians. The negro had cured thousands who were pronounced incurable by the medical societies.

"Had the medical law then been in force in Georgia there would now be many more scabby legs and helpless invalids. The tendency of medical laws is to hamper independent and original thought and investigation, and to make a set of routine doctors who would rest easily upon their exclusive privileges.

"Is the man of genius and ability to be recognized wherever found, or is the merely educated fool to be raised to the dignity of a god?

"Are such men to be choked off by a set of doctors who have engineered through a law that gives them the power to put a muzzle upon such as they may choose?

"Are a few doctors, who enjoy special state privilege, to be allowed to exercise their unbounded cheek to the extent of putting a stop to all efforts of any one else toward relieving the sick?

"Are a few medical scallwags, when they fail to cure the sick, to have the power to prevent the sick from being cured by any one else?

"The true object in obtaining medical laws is to give to a few, who are in the ring, the power to say to the sick, 'You shall take the medicine we give you, or you shall have none.'

"It is the qualities inherent in the man which must decide whether or not he will be successful in the practice of medicine, and all the legislation in Christendom can not make it otherwise. Legislation might operate injuriously to prevent energetic, capable but poor young men from entering a profession which they might adorn. Under the workings of the medical law, none but the rich can ever be able to enter the medical profession. Rich men's sons alone can think of studying medicine. (As a rule, they are *not* the hardest students. R.)

"Medical laws are like other laws, far-reaching in their effect, and often do more harm than good. No one can deny that the most pernicious forms of quackery stand secure behind college diplomas and medical legislation, and laugh to scorn the efforts of honest men."*

"Liberty and progress are synonymous terms. To restrict and hedge in a certain class by legislative enactment so that only a favored few may enter its ranks is to withdraw the strongest incentive to mental development, and foster domineering and extortionate instincts which beset weak human nature. The loud mouthed advocates of medical law are very keen to promote laws that give them control of the state in medical matters, *without giving the state any regulation over their own nefarious conduct. More crime and malpractice has escaped punishment under cover of medical boards than from any other plan of escape.*

"There are many honorable and able doctors now practicing medicine in this state, who have grown gray in the service of the sick, who do not belong to the medical society now clamoring for medical legislation, nor do they wish to belong to it. What is to become of their sights in this land if they should see fit to differ in opinion from the medical society or should not choose to yield implicit obedience to the dictates of this medical junta?

"A majority of the practitioners of this state do not belong to the medical society which is leaving no stone unturned to make the impression that they alone are the sole representatives of medical thought and manly honor.

"Are the old and tried practitioners to be closed out of business,

*Think of the many quack nostrums praised to the sky by drug practitioners.

simply because a few upstarts fail to compete with them in the field of practice, which is the only place where a doctor's medical ability is properly tested? Medical law-makers are asking for law for their own benefit. The people have not asked for any medical laws, but will ask in a loud voice for the repeal of this law as soon as they learn how they have been imposed upon, and their rights of choosing their own physician taken away from them.

"This law is cunningly worded and the full effects are not apparent and will not be seen until it is passed and put into full operation. Then the concealed cat's claw will appear, and these doctors banded together for a purpose will say to the sick: "You will employ us or you will do without medicine, and we will imprison anyone who does give it to you."

"There are doctors in every state who produce abortions upon all who apply. They are not ignorant or incompetent doctors, either; they are men capable of passing any board. They belong to the regular ring and go on unmolested in the slaughter of the innocents. If there is any trouble to these doctors who are engaged almost openly in murder for pay, all they have to do is to call into court one or two of the doctors who belong to the ring, and they swear that the little operation which cost the child its life, was necessary for the lady's health, and no more is heard from the case. The guilty are entrenched behind dangerous organizations, and protected by mutual arrangement. It is not the ignorant quack who carries on the abortion business of to-day, but the educated villain who is always scheming to surround himself with all the legal protection required to shield him in his business.

"The law will send to prison an old nurse, should she dare administer a cup of catnip tea, but the abortionist will go free if he only stood in with the right crowd. These law doctors would make it a penal offence for an old nurse to receive pay for giving a remedy that through her knowledge would save life, but they want power to collect fees for giving medicines that produce death.

"HEALTH LEGISLATION CRITICISED.

"A recent editorial in the Indianapolis, Ind., *Sentinel*, in reference to Health Legislation, contains the following :

"Typhoid statistics alone are enough to justify heroic measures. It is a disgrace to any community to have a large death rate from this almost wholly preventable disease. The annual deaths per thousand in Indiana are 13.4 as against 3.1 in Massachusetts, 5.5 in Ohio, and 4.4 in Michigan.

This is a bad showing, and is of itself enough to demonstrate the need for the thorough-going reform."

"In the spirit of kindness we ask if this designated 'bad showing' is not rather against medical legislation than for it? There has been no very rigid legislation nor Medical Board with absolute power in directing who or what method of treatment the people shall employ when sick in Massachusetts, until very recently, and the present law does not operate there to prevent the employment of what the regulars call Old Granny herb doctors and spiritual healers: while in Michigan the death rate from typhoid fever is nearly as low as in Massachusetts, and there they have no law or board to arbitrarily dictate to the people in their sickness who and what they may employ to restore them to health.

"It will be found on careful investigation that just in proportion as you raise the general standard of intelligence among the people the death rate from all so-called contagious diseases declines. It is not the guardianship of the physicians over the people that reduces the death rate, because it is susceptible of proof that the death rate of the people who habitually resort to the regular allopathic physician and to allopathic remedies is much larger in proportion to population than among those who resort to other means of cure when they are sick.

"The people have no use for medical laws, and never in the history of man, have they asked for such laws. All such laws are bastards, parented by incompetent physicians and careless legislators for no other purpose than to compel people to employ physicians whom they otherwise would not employ, and to make the people pay such doctors large fees while they submit to suffering in proportion to money paid. The protected quack is regular and respectable, and would never think of charging people large fees without seeing to it that they suffer in proportion to the fees.

"For ten years I have been actively at work in anti-medical class legislation, and until this day I have failed to find a single instance where the people introduced a bill to deprive themselves of their God-given liberty to manage their own medical affairs: while I do know of many instances where the people, completely disgusted with medical nonsense and tyrannical treatment of medical protected quacks, have gone to work and introduced bills for the repeal of such laws. Fifty years ago the laws and the doctors had become so corrupt in the New England States, that the people once more had to declare their independence and repeal all medical laws on their statute books.

"All medical bills are introduced by doctors with much leisure for politics, or by medical diploma mills. A diploma mill is a college gradu-

ating people who are incompetent to cure, and hence are calling for medical laws giving an artificial value to its diploma, (compelling people to pay tribute to the holder of such diploma, regardless of his ability to treat the sick).

"You may read the medical regulation laws of any state and you will not find a word in any of them indicating the slightest protection to the people. All that any of them are based upon is a privilege for the doctor to take advantage of the people, and to make it hard for the people to get redress against licensed humbug. A shoemaker cannot get pay for failing to mend a pair of shoes, and why? Because he does not hold a diploma from a shoe mill protected to sell diplomas, and to give the degree of S. D. (Shoe Doctor), then get a state board to outlaw all shoe doctors with whom they do not wish to compete, then they can charge for shoes badly mended or not mended at all.*

"Malpractice is chiefly committed by graduates; as a class they are reckless, brought up in colleges to be so. Of late years they are taught to be inhuman and wholly disrespectful of human life. Hence the great need of laws to protect them so that the people shall not be able to bring them to account for their crimes.

"Dr. Perry Engle (senator of the Iowa Legislature in 1888), a graduate of two old regular allopathic colleges, said in his speech before the medical committee: 'This legislation instead of coming from the people originated with the incompetent physicians in the different schools of medicines. It should be called an act to promote quackery, to give these schools of medicine a monopoly on ignorance and bigotry, to prevent competition and increase our fees.'

"As to medical examination boards, they are a fraud on the public. In Iowa the board had not existed two years when it became so corrupt as to mark low candidates whose examination papers showed that they had answered the questions correctly. The newspapers took the matter up and exposed it, and still the same corruption goes on. For two years the Iowa Medical Liberty League publicly charged Dr. Kennedy with the crimes of perjury and fraud, which charge he silently admitted to be true. For one year I have publicly charged him with the crime of fraud, conspiracy and murder, but the fox will not be baited into court."

*It is still within our recollection that the number of people privileged to make foot-gear in a city was limited by law, and that the apprentices as well as the journeymen, had to pass an examination in order to be promoted. These restrictions have been removed. Are we worse off for it? Nay, much better. People are better shod and at a lower cost than formerly.

"The corruption of the Iowa board is no exception to other similar boards which are all organized for no other purpose than of bamboozling the public while it is being robbed by the medical profession,"—A. J. Clausen, Chicago, Ill.

"Is it possible that in this enlightened day and age of the world, beneath the sunshine of education and knowledge, in this so-called 'free country,' medical laws are in force that prohibit the people in the hour of sickness and in the presence of death from choosing their own physician?

"Is it a fact that we have among us such crawling cowards that, having secured the enactment of such infamous laws, can actually prosecute a poor, lone, helpless woman for curing a sick and dying mother, and if upon conviction the fine imposed is not paid, can punish this act of benevolence with imprisonment in the county jail like a common criminal?

"Is it true that the men who have secured the enactment of such oppressive monopolistic laws without the knowledge or consent of the people are under the protection of these laws, although engaged in a medical practice that according to some of their own eminent authorities, has destroyed more lives than famine, pestilence and the sword, and which yearly peoples the dark and silent regions of the dead, with its millions of victims of premature destruction?

"Can it be possible that such men control and manage the largest and most popular medical colleges in the United States and have under their despotic rule large numbers of medical students who can not pass their absurd examinations and receive their diplomas without spending long time and incurring heavy expense, studying a system of medical practice that some of their most eminent men have admitted is learned quackery, hypothesis piled on hypothesis, absurdity, contradiction and falsehood; and that a large portion of this time is spent dissecting putrid corpses or performing the most horrible operations on poor defenseless animals, thereby rendering vicious thousands of young men and utterly unfitting them for the tender relations of friend and adviser in the hour of sickness and moment of death?

"Is it a fact that from the thousands of wretched victims upon the surgeon's operating table under the knife, there comes a loud and earnest cry for relief from these despots that teach students how *not* to cure, instead of how to cure, for advanced medical knowledge, and for a safer practice?

"Is it true that this same despairing cry comes from the multitudes of helpless invalids deprived of health by this blundering and poisonous medical practice, crowded into our hospitals where, expecting to get the

benefit of the best of skill, they are—especially if poor—used by surgeons (often professing Christians) to display their dissecting powers before hundreds of admiring students, where women have to submit to the most shameful exposures, suffering worse than a thousand deaths, destroying wifehood and the possibilities of motherhood, and making such physicians more to be dreaded than disease itself?

“Is it possible that instead of being benefited under the despotic rule of this cursed monopoly which costs the people of the United States hundreds of millions of dollars annually, the people have in return for this enormous expenditure State Boards of Health, hospitals, doctors and medical colleges that entail upon them more far-reaching evil than the soul and body-destroying liquor traffic; that the medical profession is the stumbling block that stands between the prohibition party and success; and that as a result of this murderous practice we have confined within the gloomy walls of our lunatic asylums hundreds of the most gifted of our race, with all the bright hopes of youth blotted out and all the bright anticipations of a noble and useful life obliterated, thus wrecking and leaving desolate and lonely many of the happiest homes of our beloved country?

“Is it possible that sons of the patriotic sires who nobly resisted laws made without their consent, and for long years of hardship and privation—half clad and half starved—poured out their treasures and their blood to secure to us our God-given rights, will submit to such tyranny?

DR. J. ARMSTRONG.

In view of the above facts, is it any wonder that the following incident should have occurred?

“A prominent Allopathic physician was taken before the legislature by the advocates of a medical law, who expected him to say, ‘Yes, gentlemen, we want a medical law;’ he was asked the question, ‘Don’t you want a medical law?’ This great man, almost the rival in brains of a Humboldt, paused a moment and looked over the doctors who were asking for it, and saw as sickly a set, intellectually, as he had ever set eyes upon. ‘No, gentlemen, you do not need any medical law, you need more brains.’* Does it not look as if the so-called Boards of Health were really Boards of Licensed Lunacy, headquarters for egotism and ignorance?

“If the public fully understood how these so-called ‘Health Boards’ by their ignorant and ridiculous attempts to suppress and stamp out con-

* From Medical Liberty News.

tagious and infectious diseases, are inflicting the most heartless cruelty upon citizens, who are at their mercy, said Boards would come to grief in short order, and if the members of such Boards were treated to coats of tar and feathers, it would be merciful treatment compared to that which they inflict upon helpless citizens whose death is so often brought about by these tyrannical monsters. It is not only the poor and ignorant who suffer, but the intelligent and well-to-do citizens also, who are outraged in the most fearful manner. Such a state of affairs would be impossible if the people were only informed on matters that concern not only their health but their lives, and had the courage to stand up for their rights. It is surprising that the people, for lack of a little knowledge that they could easily acquire, can be imposed upon to such an alarming extent."

A Board of Health is all right in its place, but should be composed of men who will not use the power placed in their hands by the people, for its own selfish ends and against rivals in the profession. In speaking of the Medical Laws of to-day, is it not a state of unparalleled barbarism which can license such an act as the following case, cited by Dr. Flower, of Boston?

"I knew a lady, wife of a prominent business man. *This young and beautiful wife*, the pride and hope of all who knew her, with so much to live for, and so much before her, had a trouble some years ago from which she suffered great pain. For several months she was doctored by her family physician, who was a prominent allopathic doctor, but without receiving any benefit whatever; finally he advised that she go to New York and consult a certain physician whom he recommended. This woman went to this doctor; he diagnosed the case, and made examinations. He said it was a difficulty of the womb, and an operation must be performed. He performed it and removed a portion of the uterus. After removing a portion of the uterus he found it was healthy, for he had made a great mistake. Then he concluded, as she did not get better and did not get relief, it must be on the other side of the womb, and he performed a second operation. No improvement. She grew worse. Then he called in two doctors, and they made a very careful examination and finally decided that it was not in the womb at all, but in the colon. He did not believe in any experimenting however; oh no! he was a regular doctor of the old school, licensed full fledged, no pin feathers, but long feathers. They made a third operation, which proved likewise a mistake. Up to this time the doctor experimented upon this woman ruthlessly and mercilessly—not intentionally, but ignorantly he made these mistakes.

"Well, this New York doctor and his associates made their final examination and this time they decided that the difficulty was in the left ovary. The fourth operation was performed and the left ovary removed. When it was removed, it was found to be healthy and nothing the matter with it. Then they decided it must be the right ovary, and as it was only a woman they concluded to take out the other ovary and they did it, and that too was found to be healthy. Then the doctor informed this poor half-killed woman he could do nothing more.

"He experimented upon this YOUNG AND BEAUTIFUL WIFE, THE WOMAN WHO SHOULD HAVE BEEN THE MOTHER OF A HOUSEHOLD, THE HOPE AND SOLACE OF THE HUSBAND; by his blundering, he not only caused her to suffer a thousand deaths within twelve months, to say nothing of the shame and mortification she endured; but he destroyed within her, her wifehood, took from her the possibility of motherhood, and ruthlessly in ignorance, unsexed her forever. There was never anything more damnable perpetrated in this country. It is certainly of vital importance that the public should arise in their might and put a stop to this barbarous work, when it is a fact that this is but one case out of thousands."

In summing up a great speech on Medical Law, Dr. Flower said: "A man who will come before such a body as the state legislature, and ask for a law to drive his brother out of the field because he cannot compete with him,—that man is a coward, a calf. If he cannot succeed in his profession it is because he is either lazy, ignorant or incompetent. If lazy, he ought to starve, but not have a special law. If incompetent, he ought to go into some other business, but not have a special law. Your legislature ought to give to these doctors who ask for this law a nursing bottle, and if they can't buy the milk, fill the bottle for them. If they are so paralyzed they can't use the bottle, furnish a nurse. Better for the state to do this, than to make these incompetent physicians the custodians of the public health." (FIG. 144).

One of the most horrible crimes permitted and encouraged by the Medical Laws of to-day, is

VIVISECTION,

and we can not place this subject more strongly before our readers than by quoting from Philip G. Peabody, who writes of what Col. Robert Ingersoll calls "The Science of Hell," as follows:—

"I refer to one of the most cowardly and hypocritical crimes of the present age, and a delusion as well as a crime—the practice of vivisection. Vivisection is the cutting up, burning and miscellaneous torturing of live animals. We are told by some doctors that this terrible practice has been



FIG. 144. Our legalized Quacks, Poisoners and Human Butchers.
Although a 'regular' M. D.,

No one drops in to call for me!

Note the forlorn looks which they will assume when the public wakes up and realizes the harm of drugs for curative purposes.

the means of discovering various important facts, and that without it we should now be ignorant of many things that are of great value to the healing art. Unfortunately for the doctors, there are many of us who know something about vivisection, and we know that the claims so frequently set forth in behalf of vivisection are absolutely and unqualifiedly false.

"Most persons who know a little of it (and only few know even a little) think that it is a very uncommon thing, confined in practice to a few leading men of science ; but in fact, animals of a high order that have been and are being vivisected are numbered by millions. To illustrate : Inside of ten years, Schiff, a noted man in this line of business, vivisected fourteen thousand (14,000) dogs. It is estimated that he vivisected inside of this same brief time seventy thousand (70,000) animals of various kinds ; and since, he has been regularly torturing ten dogs each week. *To prove one thing*, over nine thousand (9,000) dogs were vivisected, and *the result was then in doubt*.

"A well known veterinary surgeon named Murdock, in a work published by him, gives an account of a visit to a laboratory in France, as follows :

"Here lay six or seven living horses, fixed by every mechanical device by the head and feet to pillars, while the students were engaged in performing different operations. The sight was truly horrible ! The operations had begun early in the forenoon, it now being three o'clock. * * * The poor wretches had ceased being able to make any violent struggles, but the deep heaving of the panting chest, and the horrid look of the eyes, when such were yet left in the head, the head itself being lashed to a pillar, was harrowing beyond endurance.

"The students had begun their work in the least vital parts of the animals. The trunks were there, but they had lost their tails, hoofs, ears, etc. ; and the operators were now engaged in the more important operations, such as tying the arteries, trepanning the cranium, cutting down upon the sensitive parts—as we were informed, upon expressing our horror—that they might see the retraction of the muscles by pinching and irritating the various nerves.

"One animal had a side of the head, including the eye and the ear, completely dissected, and other students were laying open and cauterizing the hock of the same animal."

Mr. Rodgers adds to this :

"The number of horses operated on is six, twice a week ; sixty-four operations are performed on *each horse*, and four or five generally die before half the operations are completed ; and as it takes two days to go

through the list, the remaining one or two poor animals are left alive, half mangled until the next morning, only to be subjected to additional tortures.

"Among the operations which I remember, were firing in every part where it could or could not be required; operation for removing the lateral cartilages, which involves the tearing off the quarters of the hoof with pinchers; operation for stone, in which a stone is put into the bladder and afterwards removed; operations for hernia, nicking, removal of the ears, eyes, etc.

"The effects of all this on the minds of the students may be inferred from the *sang froid* of a student who was firing horse's nose, as he said, for pastime.

"A little bay mare, worn out in the service of man, one of eight, on a certain operation day, having unfortunately retained life throughout the fiendish ordeal, and looking like nothing ever made by the hand of God—with loins ripped open, skin torn and ploughed by red hot irons, riddled by sections, tendons severed, hoofless, sightless and defenceless, was exultingly reared (Baron Von Weber says, 'amid laughter') on her bleeding feet just when gasping for breath and dying, to show what *dexterity* had done in completing its work before death took place."

"Is it surprising that the late Henry Bergh considered that this unfitted 'the physician for the intimate and tender relations of friend and adviser,' and made him 'hence *more* to be dreaded than disease itself?'

"Anæsthetics are practically never used; many animals, other than men, cannot be anæsthetized; dogs, especially, will usually die of the anæsthetic. Many vivisections are performed solely for the sake of causing pain; many last for weeks, some for six or seven months; of course, anæsthetics are never used in any of these.

"Vivisection is a cowardly, unmanly crime. It has never yet given to the world any discovery of value; it never can, in millions of years, give to the world any discovery of value at all, commensurate with the harm it has done. This harm is not alone the torturing of animals, awful as this is; it is the making wicked and vicious the thousands of men, especially young men who practice it, and to whom we must, in the presence of illness and death, look for aid and sympathy; also the turning aside of the minds from the legitimate direction of research—directions in which they might possibly find something of real value. (FIG. 145).

"DOG-HELL OF PARIS."

Dr. Edward Berdoo Describes Startling Scenes in the Experiments at the Pasteur Institute.

"Next I saw the rabbit room. In this great, dark, gloomy chamber were scores of large baskets and cages full of rabbits of all colors and sizes. Most of them were lying on their sides, evidently suffering in one way or another, paralyzed in the hind legs, sloughing at the eyes, hideous and distressing degenerations of the bunnies of my schoolboy days.



FIG. 145. The Drug Doctor rewards such faithfulness with vivisection, the most cruel of all tortures. What for? To give his unsuccessful efforts the semblance of scientific research. But absolutely nothing has been achieved by it for the cure of disease. None of the 'pupils of nature' needs it, and it is they who cure the incurables of the Drug Schools.

"We ask our humane readers to assist us in arousing the people to suppress the cowardly and hypocritical torture inflicted upon dumb defenseless animals by the Professors in Medical Colleges."

In odd corners here and there, were horses, donkeys, goats and other animals, two or three of each, and all for one or other sort of cruel experiment. Be sure that none was spared the last extremity of pain or wasting misery of poisoned blood and weakened frame.

"They kept the worst sight till last, and here I had to exercise great restraint to keep myself from unprofessional, unparliamentary and imprecatory language. The rats and mice I blindly pitied, the rabbits I inwardly grieved for, but the dogs—oh! the awful cage, like the wolves' den at the Zoo, or a great ear in Wombwell's show, with a dozen mad dogs all raging, barking wildly, tearing at the iron bars, frantic to be free, furious to escape and bite and tear even me, whose heart bled for them—all *made mad* experimentally. Beautiful, high bred creatures, whose mouths foamed with bloody matter as they flung themselves at the strong iron bars and appealed to each newcomer to set them at liberty. One's first impulse is to shrink back from the dangerous proximity of such wholesale rabies. Next, one looks at the bars and mentally gauges their strength; then pity comes; then one's heart burns with indignation against a system which demands and must secure a continual succession of such tortures to keep going the vast machinery of a great Pasteur Institute." *—Medical Liberty News.

"There is no more brutalizing practice than that of cutting up living animals and by various devices inflicting suffering, misery, and slow torturing death on them." "Vivisection is the cutting up of *live* animals, and the term includes poisoning, burning, smothering, freezing, breaking the bones, irritating the bared nerves with electricity, dissecting the stomach and other organs, etc., etc. It is practiced in nearly all the universities and medical colleges of the world. It frequently happens that anaesthetics** cannot be employed. Dr. Matthew Wood says: 'It is not alone the cutting of the flesh that is called vivisection, but the brain burnings of Goltz, the bakings alive of Bernard, the crucifixions of Montegazza, the electric stimulations of Brown-Sequard, the freezing alive of J. C. Coleman, the disease-producing feeding of animals upon the putrid lungs of

* Vivisection exposes most clearly the dastardly and inhuman character of the men, to whose merciless cruelty we have delivered ourselves in the hour of sickness. We hold that dogs become mad on account of being fed and kept abnormally by their masters. A dog being a beast of prey, should be fed on small live animals, and should be kept in the open air, with plenty of exercise. Then, they would not contract hydrophobia, and no doctoring for it would be required.

**See the Journal of the Illinois Anti-Vivisection Society edited by Mrs. Fairchild Allen, Aurora, Ill.

human beings, of Dr. Klein; the inserting of tubes into arteries, as advised and practiced by Stephen Hales; the covering of the shaven skins of animals with varnish, of Drs. Kleinberg and Prolatus; the injection of putrid matter into the blood-vessels, of Dr. Sanderson; the starvings of Dr. Chosatt; the drownings and smotherings of the commission of professors from the Royal College of Physicians and Surgeons, London; stopping windpipes with corks; keeping animals forcibly under water until almost dead, then, by methods as cruel, restoring them to consciousness; holding the heads of Guinea pigs in basins of quicksilver; cramming the mouths and larynxes of dogs with liquid plaster of Paris until it solidifies—such practices as these, although knives are not used and cutting is unnecessary, are catalogued under the heading of vivisection.' [Curare. There is employed to a great extent in vivisection, the drug Curare, which paralyzes *motion*, while *sensibility* acutely remains. According to Claude Bernard, who was named the 'Prince of Vivisectors,' the curarized animals undergo atrocious suffering, without being able to cry out or move a muscle.]

Every one who knows of these outrages and does not exert his influence to the utmost to abolish them, becomes a participant in this atrocious and most cowardly crime. Regarding the horrible practice of vivisection, Elliot Preston, M. D., says:

"Vivisection is the blackest crime that the law of any land ever let go unpunished. The agony it inflicts upon helpless animals is so appalling that the knowledge of its atrocity has darkened forever with its hideous, leprous shadow, the sunshine of many a generous and noble heart. It has destroyed in many a breast, the belief in the existence of a just and loving God. It has, for more than one lofty spirit, turned to gall and wormwood the sparkling wine in Life's loving chalice. It has aroused in many a manly and many a womanly breast a storm of righteous indignation; and it has evoked many a stern resolve to combat the hideous phantom while life and strength remain. Many have turned from its Gorgon head with speechless horror, lest, like Medusa's potent gaze, it, too, might harden into stone the palsied wretch, who looked on it." But even the powers to inflict the most fearful cruelty on helpless animals is not enough. Dr. Phillip G. Peabody, A. M., L. L. B., shows in an article that "systematic efforts have been made in the United States by those doctors in favor of vivisectioning animals, to get a law passed giving them the power to vivisection *criminals*."—This illustrates plainly that the atrocity of human butchers knows no bounds; that their thirst for blood is insatiable. They are not human beings, but hellish fiends in human form.

Read a few remarks quoted from a pamphlet by Prof. Hunter, New York.

"Dr. Robt. Koch of Berlin claimed to have discovered a 'lymph' which would surely arrest Consumption and restore the lungs to health. Most of my medical brethren had perfect faith in it. Their unreasoning (!) credulity was so great that they heralded it to the world as the grandest medical discovery of our age and said 'it would banish Consumption from the Earth. That its value was equal to three times its bulk in diamonds of the purest water !' That they did believe in it, I am sure, for *they actually proposed to restrict its use to a medical council composed of themselves, and in the interest of Science (?) and for the protection of the public (?) to administer it to the afflicted at \$10 an injection—o tempora ! O mores!* All this was said and planned by them before they knew anything of the composition of the alleged Lymph or ere it had cured a single case. It proved to be a horrible distilment of microbes, which deadly animal poison they proceeded to pump into the bodies of hundreds of suffering people without benefits to any—with great injury to most, and death to not a few. A more complete and frightful fiasco never disgraced the annals of medicine. Instead of curing the lungs it spread the malady throughout the system, hastening death and making it inevitable. This hypodermic treatment of Consumption by Koch's Lymph is now an exploded delusion, but while it lasted it was a murderous malpractice, disgraceful to the profession of medicine."

This instance affords a fair example of the manner in which our kind-hearted drug profession endeavors to protect the public by medical laws.

The writer *was* formerly, as the reader may still be, a firm believer in the knowledge and skill of those who, in their *modesty* style themselves 'doctors,' that is 'the learned ones.' He argued in this way: 'the human body, with its various parts and organs is a most wonderful and complicated piece of workmanship; thousands of books have been written upon its construction and its care, and, in fact, so vast a subject is it that the study of a life-time is required in order to do more than cross its threshold. And so the public ought to be really grateful to the men who are willing to devote all their time and energy in this way, to the welfare of their fellow-men, and it should accord them all possible privileges and facilities. In this way he only echoed public sentiment. It is due to this general feeling, as well as to the influence of a material sort, that medical practitioners have heretofore been able to secure such unjust legislation. By means of these unreasonable laws 'doctors' of the favored schools hold a

literal monopoly over life and death. Now that we have grown wiser, and see this state of affairs in its true light, we wonder how we could ever have been so deluded as to think of these men as public benefactors, and to subject ourselves to years of suffering at their hands. But we mortals are very much like sheep in some things; we follow, unthinkingly, in the footsteps of our predecessors.

We are supported in our views by many people some of whom have studied medicine, and from whom we quote a few ideas. Mrs. Mary E. Sellen, M.D., writes in a pamphlet as follows:

"Feeling in my conscience that I had a right to use the talent with which I was empowered for the relief of others when diseased, I journeyed to Ohio, located, put out my sign, and was soon called to serve the ailing and sick. But being among a people who had been educated to the belief that the allopathic doctor, with his bottles of poison and the knife, was certain evidence that he and his system were scientific, I had an up-hill task to teach my patrons differently. I succeeded, however, and far beyond my expectations in raising from beds of sickness and suffering those who called me and were treated by me. The would-be monopolists in doctoring the sick, noticing my large business, and the speediness with which I cured those who employed me to treat them, assailed me. Seeing their system of practice in danger, by which they jeopardize and control the health of the people wherever they have been successful enough to combine and keep others with a different mode of treatment from serving the people, they enacted a law in Ohio restricting the exercise of the healing art to such only as would conform to the rules and conditions which *they* defined. Under this law they informed me to stop serving the sick, unless I consented to become one of them. This I refused to do. Having a diploma, besides furnishing them certificates from several representative physicians, corroborative of my statement of having been exclusively employed in the practice of medicine and the care of the sick a period of over ten years, but as I belonged to the school of reform and progress, and was utterly opposed to the use of poisonous drugs as medicines, and frequently asserted that the average allopathic physician and surgeon did more harm than good with their poisonous drugs, and their too frequent and unnecessary operations with the knife, they threatened to stop me from practicing, unless I conformed to their regulations; to do this would be to stultify myself. I will not cultivate the spirit of ignorance among the people. I will not be a member of a community and keep silent and see men, women and children poisoned with drugs, poisoned by vaccination, poisoned by anti-toxin treatment, and cut and mangled in search

of disease that has no existence, without protesting against such fiendish practice.

"I know that the medical colleges generally which are founded to teach the allopathic system of practicing medicine and surgery, are combined throughout this so-called 'land of the free and home of the brave,' to enact laws to compel the people in sickness and the hour of death to employ them and their methods only; they want a monopoly to force the people in sickness to pay more for medical service, and to limit the number of persons that may engage in serving the sick; a medical trades union; with power to say to the sick, 'Your money or your life.'

"All State medical boards of health are organized with this predominating idea, seeking additional legislation so as to place the people of the state entirely at the mercy of their rules, their system and their regulations. One would think from the arrogance of their claims that nobody ever has or can die a natural death, nobody ever dies of any ailment, and nobody who sees them die and tries to prevent their dying can give honest testimony in relation to it, except some person who has been licensed by the State Board of Health to give a dose of poison, or perform a sure-kill surgical operation. I deny the right of any board to exercise this authority. I deny the right of any legislature to enact a law delegating to a body of men an authority over the rights and common law privileges of the citizens, existing from time immemorial, to employ whom they please to care for them when sick, and compel them to submit to what is widely regarded as a system of experimental drugging and surgery. I deny the right of the said State Board of Health to exercise the authority to prevent me and others endowed with similar gifts of healing power, knowledge and talent, to serve the sick, from serving them.

"I make the foregoing demands because they express in this matter my rights and the rights of every other citizen who elects to serve the sick as a physician or as a healer, under the constitution of the United States.

"Article IV., of the Constitution of the United States, Section 1, reads: 'Full faith and credit shall be given in each State, to the public acts, records, and judicial proceedings of every other State.'

"Section II.: 'The citizens of each State shall be entitled to all privileges and immunities of citizens in the several states.'

"Again Congress deemed it wise to make no law respecting an establishment of religion, or prohibiting the free exercise thereof. Under the spirit of these fundamental principles of our government, where, I ask, does any body of men derive the authority to compel other people to sub-

mit to a certain theory about sickness, disease, and a process of treatment to the exclusion of all others, especially when the system exacting such supreme authority is by its own leading practitioners pronounced one of 'conjecture' and experiment."

It arises from the undescribable ignorance of our law-makers, backed by a public which knows as little regarding all questions of physical welfare.

Notes from Dr. Perry Engle's speech before the Medical Committee:

"Do you, as honorable men, encourage law breaking? Do you wish to retain a law that will punish our best people for doing good, for curing pain, and curing the sick? I had the honor of presenting to the board of examiners, under this medical law, a diploma from that world renowned University of Michigan, also one from Long Island Medical College, and received my permit to cut, maim and kill. This law does not deprive *me* of my God given right to practice medicine; but as it deprives *others* and makes *fewer* doctors, and *raises the fees*, I am with others benefited. In other words, we are in the ring, trust or pool. I desire the repeal of this law, because I believe it to be unjust, tyrannical, and detrimental to the best interest of the commonwealth. If the practice of medicine is not a science you cannot regulate it by law. If it is a science, it does not *require* regulation. We believe that poets are *born* and not manufactured to order. So some bone setters, mechanics, physicians and preachers, are born with a natural inclination, bias, or capacity for a certain line of business or a profession.

"The Sweet Brothers were natural bone setters, but knew nothing about Latin, or college diplomas. I believe every school of medicine as well as every church should rest its claims upon its work, competency, morality, reason and charity. That intelligence and justice need not appeal to class legislation and the sword for protection, freedom and the right of private judgment is the inherent right of all persons.

"The practitioners must be left to stand or fall on their individual merits, an intelligent community being the judge.

"We know that there are many mothers in Iowa with larger experience and who are better qualified to administer to their sisters in time of travail and throes and pangs of pain than any sheepskinned graduate just from college.

"This legislation, instead of coming from the people, *originated with the incompetent* physicians in the different schools of medicine. It was conceived and concocted originally at the Regular State Medical Society. Another reason why I object to this law is because it makes it as much of

a crime to cure a patient as to kill him. Punish malpractice, but do not punish the good samaritan who relieves pain and saves life. I denounce this as a most infamous law, and do not stand alone in opposing it. I know that many of our liberal and best physicians are opposed to it. Should I hate and persecute any human being who has cured a suffering patient that I give up to die? Mr. Chairman, this bill has certainly been misnamed. It should be called 'an act to promote quackery, to give three schools of medicine a monopoly on ignorance and bigotry, to prevent competition, and to increase our fees.'

And again we read in 'Medical Liberty News:'

MONOPOLY, BEWARE OF MONOPOLY!

"Let the people be vigilant and watchful of those who want special legislation to protect them in THE PRACTICE OF MEDICINE.

"SELFISH MEN, narrow minded, with theories about disease and medicine long exploded, seeing the success of law-protected greed for gain, by those who monopolize many of the resources of human life, are seeking to enact laws, to establish a monopoly to control the means of health, and determine who may use them for the sick, seeking restoration to good health.

"SCIENCE IS PROGRESSIVE. No person seeking to be a physician can possibly be an honest scientist who wants law to limit the use of human knowledge and experience in the care of the sick.

"CIVIL POWER has never been sought by science. Scientists have never attempted to throw odium, or interfere with the efforts of others to be useful, nor to inflict business and social ruin on any class of beings.

"SCIENCE never prescribed to any one using her truths how he should acquire them—whether by intuition or education from experience; experience to her is superior for practical life to any college training. Science is not simply a record of discoveries, it is the result of the expansive force of intellect on one side and the compression arising from traditional superstitions and human interests on the other.

"Science in the conflict against superstition won her way without power backed by civil law. Science don't ask it. Let United States voters beware of Doctors who in the name of SCIENCE ask for Medical regulation laws. They mean death to Liberty.

In the same paper, A. J. Edson, M.D., writes :

FREEDOM OF AN AMERICAN BORN CITIZEN.

“The question of preserving human health and saving life deserves the consideration of all men. No fear of the people is so wide spread in its effects as that of preventing freedom for the sick person in the selection of the physician of his choice when out of health. We find it a danger that cannot be exaggerated. Empires have fallen, because of the neglect of the moral and physical laws of health. Think of weakness, of poverty ; sickness brings both. Health develops strength and wealth and independence. The public health is of great commercial value. That which sacrifices lives and monopolizes the people, will obstruct business; that which is valuable to the state, is worthy of the earnest attention of every sick person. Never use poisons for the restoration of health, for that which will cause disease or injury to the body can never cure it. That which paralyzes the rights of the people in caring for themselves, the God given right of using medicine from whom and when he chooses for himself and family is often prohibited, it causes loss of labor and that freedom for which our forefathers fought to give freedom to the rising generations. Is it possible in this enlightened America there are annually sacrificed to preventable diseases two hundred and fifty thousand human beings? In years past it was said war, pestilence and famine, with all its dread calamities and horror did not bring such desolation, suffering and despair as the treatment received from the regular medical fraternity, and it is said millions annually flow from the treasury for the maintenance of the army and navy, and officers faithfully watch their interest, while thousands are in danger from monopoly laws and cry in vain for justice as free American citizens. The time for temporizing has passed. The needs of the hour demand a concert of action against all medical monopoly law. Let the united efforts of the reformers in all our advancing glory be ready to meet the coming generation with an untarnished honor.”

“The Regulars for many years have wanted the privilege to bury their numerous mistakes, absurdities and cruelties in the grave-yards without investigation.”

“Learning or skill in a profession that cannot command itself to the patronage of an intelligent public, should not in our judgment receive the protection of the laws and should not be forced on the public by statutory penalties.”

Quite recently, a number of drug people, conscious of their impotence

to stay the ravages of pulmonary consumption, attempted to institute measures for isolating consumptive patients, dooming them to a living death. Why? On account of their own incompetency to cope with this form of disease. If successful in their scheme, they would, by this measure, have removed from public observation, the manifest proofs of their own ignorance. In reference to this, we cite from a New York daily :—

“The ‘ordinance,’ or ‘rule,’ or ‘law’ of the Board of Health to bring about the isolation of patients suffering from pulmonary tuberculosis, has caused a great deal of dissatisfaction in the medical profession, and much public indignation.

“*The gentlemen who hold public or political positions in this city,*” said Dr. Macguire, *‘have never been distinguished for great success in private practice. They have never been specially recognized as competent physicians until they have received a salary from the public. As a rule, our physicians receiving salaries in the public departments have not been known as men of genius.*

“The proposition to isolate patients suffering from pulmonary tuberculosis is not a good one. The enforcement of such a law would be an outrage upon the public. *The gentlemen who advocate it have only a limited knowledge of the subject* and a small experience to guide them. Most decidedly they are not authorities in the scientific world, and their opinion, at any rate in this matter, is not indorsed by the leading men in the profession.

“The enforcement of this law would mean the destruction of the comforts of the home life of fifty per cent. of the population of the City of New York.

“It is a matter well known in the profession that the bacillus of phthisis has been recognized in a very large number of cases where the physical signs of phthisis did not exist. If the reason which the health authorities assign for their action be sound, then the whole population of this country—nay, of all other countries—would have to be treated in the manner proposed. It would be hard to find a human subject who is not more or less a victim of phthisis.

“I believe that the public mind is not in a condition to accept the dictum of the Health Board. At one time there were people who were carried away by the Koch theory, but men of large experience were not, and will not be carried away now by any alarmist theory or utterance of gentlemen in temporary authority. I am sure the public will not tolerate interference with its personal comfort or liberty.”

"This 'edict,'" said Doctor D. E. McSweeney, "went forth many years ago, but, like many another impracticable scheme, it became a dead letter. It could not be enforced, and *this* law cannot be enforced. It would cause a great deal of unpleasantness for physicians. Moreover, I think it would lead to incorrect returns to the Vital Statistics Bureau. That ought to be obvious to the Health Department officials. I believe it is an infectious disease, but it is of all diseases the most hopeful.

"What I mean is that every patient suffering from consumption hopes to be cured sooner or later. No physician who understands human nature would tell his patient the reverse. Now under this law I would be compelled to register every patient who has pulmonary tuberculosis. A patient confined under these circumstances would at once lose all hope. It would have an awfully depressing effect upon him or her."

Thus we learn what some medical men think of those of their medical brethren, who were principally active in the promulgation of medical laws. By thus trying to pass a law which would isolate consumptives, as in the case of the lepers, they are regardless of the misery which such a measure would entail on all concerned. And why do they wish this? Because they refuse to look into the nature of the disease. The author considers consumption perfectly curable and preventable.*

The following is an instance illustrating how the public judgment on matters of health has become perverted by the irrational doctrines of the drug profession :

"It is right to put to death the incurably sick and diseased."

"This astonishing doctrine is seriously advocated, and is being vigorously defended by the Rev. Charles W. Wendte, President of the Humane Society, of Oakland, Cal. He believes that the world would be rid of much misery if these hopeless sufferers were killed. All incurables, according to this amazing proposition, should be judged by a properly constituted court, and, if found guilty, sentenced to death and executed. Dr. Wendte, presenting his own case, writes as follows to the Sunday Journal :—

To W. R. Hearst, New York Journal :

"Although I strongly advocate the destruction of certain people by humane methods, I am not willing that my position in this matter should be misunderstood. All pioneers of thought have suffered misrepresentation, and I desire, as much for the benefit which may result to the world,

*Positive Cure and Prevention of Tuberculosis by Aug. F. Reinhold, Ph. D., M. D., 60 Lexington Ave., New York City. Price \$4.80.

as for the defence of my own reputation as a humane man, to be thoroughly comprehended.

"To my mind one of the most deplorable and moving sights in Christendom to-day is the condition of the incurably diseased among us, especially if they are also in impoverished circumstances. Society should do all in its power to relieve this class, alleviating their sufferings by all the resources known to modern medical science, and placing them above the mental distress and physical misery attaching to personal want.

"But who is to take the responsibility? Certainly not the medical man. On the field of battle some latitude may be allowable to him, but in the ordinary course of life no single individual is to be entrusted with so grave a responsibility. Shall we, then, continue as now, powerless to relieve the fearful suffering of so many unfortunates, turning a deaf ear to their entreaties and leaving them but one resource—suicide? In the name of humanity, I say, no.

"A few years ago an engineer of eminence in France, inflicted with a terrible inherited disease, of which he had seen his own father perish under aggravated tortures, took his own life. In his Will he explained the violence of his deed, and left to the French Government a large bequest for the establishment of a commission on euthanasia.

"In order to put behind us all sickly, false sentimentality in the handling of cases such as I have cited, I suggest that there should be formed a properly constituted tribunal, acting only when duly called upon by suffering humanity, and then under every necessary safeguard and restraint.

"Let this jury consist of a number of medical men, representatives of the Government, and any others who might advantageously serve. To this tribunal have submitted any petition for examination and release which might be made by the incurably diseased, and indorsed by their families. Then, if they were found incapable of recovery, and sure to endure needless and great agony, the tribunal shall be empowered to gently, painlessly and humanely put them out of suffering and give them a release into the better world."

These radical measures, no doubt, will meet the unqualified approval of many of the drug quacks, because if adopted these people will have a better chance than they have now—to bury their mistakes and blunders with six feet of ground.

We, too, agree with the learned doctor in so far as we think there should be no incurables. The only difference between his and our view is, that we do not believe in murdering them. This is already done to a *vast extent* by the medical profession *without* legal authority, but we believe

in *preventing* all chronic forms of disease by teaching people a common-sense mode of living, and by keeping the drug poison out of their systems.

The aberrations of the human mind in regard to the most obvious truths, are really beyond comprehension.

The following notes are quoted from the "Progressive Thinker."

"MEDICAL LIBERTY.

A LEAGUE TO WITHSTAND MEDICAL TYRANNY—COMBINATION AGAINST MONOPOLISTIC MEDICAL FRAUDS.

"To the Editor:—By your kind permission I will briefly state for the benefit of your readers the object of the United States Medical Liberty League.

"1. The league recognizes every person's right to his own body. This involves the right to care for the same in whatever way seems best to the individual.

"It also involves the right to use such food, drink, clothing and treatment for the body as the person deems best for him or herself. Such freedom has never been directly denied any citizen of this country; but, through a conspiracy of the regular medical allopathic physicians, this right has been indirectly confiscated in many States by corrupt and unconstitutional legislation—by way of medical laws, fraudulently entered on the statutes under the false pretense of protecting the public against frauds. The facts, however, are these: Statistics prove that the class of physicians who have combined to secure such unconstitutional laws consists of those who are the least successful in relieving humanity. In Boston they are exposed by statistics as being 400 per cent. inferior to the irregulars. Furthermore, investigation in several States has disclosed the horrible facts that people who employed regular physicians for a period of seven years or more, have 92 per cent. suffering from paralysis, nervous prostration, rheumatism or neuralgia, while among such people, who had for seven years or longer employed irregular physicians or none at all, only twelve per cent. of such people suffered from the above named diseases; thus clearly illustrating that if this country had any right to interfere with the individual, personal right of choice in regard to medical treatment of his own body, the regular drug doctor is the proper physician to outlaw.

"2. The League realizes that it is utterly impossible for people single-handed to maintain their God-given rights over and against medical organizations who through such laws rob the public annually of something like \$50,000,000, and can by combined money and political influence not

only corrupt the legislatures of the land, but also the superior courts, as long as there is no powerful organization able to exert a political influence in the interest of the outraged public. Feeble efforts have been made during these last fifteen years which cover the period of the class legislation in this half century; but the money and spoils on the side of the medical oppressors have steadily gained in power in spite of all such effort to maintain American constitutional liberty over and against such combines of legalized frauds. Hence, it is of the greatest importance, in order to save the drug and blood-poisoned Caucasian race, that it organize itself into a protective combine over and against its medicine men whose treatment degenerates the race so fast that if not checked soon they will only be known in history and museums as a race exterminated by the superstition and fraud of their physicians. The first half of this century experienced medical tyranny and suffered so greatly under it that the New England states (then representing the civilized centres of this country) had to make medical legislation a specialty, and this brought about the happy result of a new Declaration of Independence in the form of a complete repeal of all medical class legislation.

"This League will aim to accomplish the same needed result at the present time, and is already doing a grand work. We appeal earnestly to all liberty-loving citizens to become members at once and thus help on this good work so ably begun.

DR. MARY E. SELLEN, P.H.D., M.D.,

Corresponding secretary, People's Institute,

Chicago, Ill."

The monopoly, which they guard with jealous eyes, enables the members of the medical trust to continue their nefarious trade in drugs. Free competition would force them to adopt more rational methods. The Nature Cure, above all, instructs people as to the manner of taking care of their health, and how to dispense with drug poisoning. Complicated as the laws that govern health seem to be when looked at from the drug standpoint, they appear simple when viewed from ours. Wild animals are never sick, always bear in mind that their condition of health was never considered by the drug schools. All the pretended lore of these people is nothing but sham, as many patients find out through long years of suffering. To us it is absolutely inconceivable how for so many years a whole class of men could devote so much time and labor to one single branch of knowledge, with a result not only useless, but harmful to every person who falls under their bane.

The drug people do not even affect philanthropy in their peddling of poisons. While some of them really believe in the efficacy of the poisons they administer, the great majority are fully conscious of the incompetency of their methods, and a few are honest enough to openly admit the fact. They are all, however, of one mind as to the necessity of making a living out of the business. And so the murderous work goes on. People's eyes are blinded by the favor that is everywhere shown towards this "profession," by those in authority. This favor has been besought and bribed, although it is undeserved. *Free competition in this, as in every other business, is the only fair and honorable basis upon which to work.* If the achievements of the drug profession were submitted to the public, shorn of all mystery and clamor, and in the full light of practical common sense, people would not be long in discovering the shortest road to health. What result have we from all these centuries of study and investigation? *The average physical health is lowered, and the line of longevity lessens in inverse ratio to the increasing number of "doctors."* It is simple folly to contend that the race grows in mentality and spirituality in proportion to its physical decline. Physical perfection is the *only* possible foundation upon which to build; the reverse would be like inverting the pyramid! Founded upon physical frailty, civilization itself would totter. Some of the more broad-minded and more unselfish drug advocates are beginning to admit their error. But conceit, greed, and perverse education, all weigh on the other side. This last is perhaps the chief cause of their blindness.

As a matter of fact, the formulas of the various drug schools were framed, and are practiced by parties to a monopoly who make a business of treating the sick for the purpose of gaining a livelihood. This state of affairs is responsible for the fact that medical science has made little progress within the last thirty years. If we should give this subject a little unbiased attention, and bring to bear upon it some of the sound reasoning we expend upon the daily affairs of the business world,—we should soon see how utterly at variance with all the provisions of nature are the prevailing methods of the drug profession. The sooner we revert to the simple fundamental laws that govern our being, and the more closely we adhere to them, the more rapid will be the return to that perfect physical health which is our rightful heritage. As an initial step in this direction, the existing medical laws should and must be repealed.

Cries for rescue from the murderous Drug System are raised now on all sides. Thus we quote from 'Morrison's Cyclops.*

*Cyclops, Aurora, Mo., Box 173.

‘YE ACHIEVEMENTS OF YE OLDEN KNIGHT OF YE
PILLOX.

“The history of allopathic medicine is more profoundly funny, than a symposium of American humorists with Artemus Ward, the prince of funny men, at the head; and more amazingly weird and magical than any of the Arabian Nights' celebrated thousand and one entertainments. As a catalogue of guesses after truth and plunges into absurdities in the effort, it stands forth as the most remarkable testimony to the achievement of the ridiculous over which Jove and men have laughed. But the most amazing thing in the whole fantastic Kaleidoscope is the manner in which the grotesque buffoon has hypnotized numbers of the people into a reverence for its profound wisdom.

“Allopathy is supposed to be a complete philosophy of the cure of disease. The uncouth monstrosity loudly and arrogantly proclaims itself as the only *incorporation* of curative force. That in it alone is any help for diseased mankind, and that it alone has, possesses, and knows how and when to administer the antidotes to disease. It estimates itself without stint, and is not abashed from blowing its own horn by any suggestions of personal modesty. The fun of its assumption would endanger life in unrestrainable laughter, were it not for the tragedy of its perpetual menace to and destruction of human life. The harmless antics of a lunatic are amusing in spite of the pity which covers his mental malady; but when his lunacy incites to murder, violence and destruction, the law of self-preservation prompts you to restrain his liberty and confine him in enforced harmlessness.

“Now Allopathy is just such a lunatic. To the true healer and man of science it is a gigantic fraud, so ridiculous that no combination of circus clowns could ever half duplicate its wondrous feats of pure idiocy; but on the other side it is an irresponsible destroyer of life in its ignorant efforts to heal disease. This takes the laughter all out of one.

“*Contraria Contrariis Curantur* is the principle of the allopathic system of cure. The Latin sentence translated means, “diseases are cured by opposites.” The word allopathy means another disease. The name was applied to the school because the method of cure is, to give a drug which will produce disease in the sick man in addition to the one from which he already suffers, and the new disease being produced by drugs will be stronger than the one produced by nature, and in the fight which is sure to follow when both meet inside their victim, the new drug-made disease will overcome the other fellow and throw him out! But I can't see how

this will help the sick. He has had for a time to endure not only the presence of two diseases; but also the knocking about while they fought; and when his first disease has been cast out he is now the victim of a stronger and more aggressive one in a champion produced by drugs and exultant in victory! O Lord, but that is scientific medicine! Surely it is curing by contraries!" Let this suffice!

The drug doctor "can do as he pleases, can 'rob and kill the sick and suffering for the sake of their money,' and is safe from punishment so long as he stands in with the ring. Courts are powerless, because dependent on 'expert' testimony. Said a medical professor to his graduating class: 'Gentlemen, you are going out in the world. Stand by each other, gentlemen. There is no court this side of Heaven that can compel me to testify against a brother physician.' There are to-day six distinctive schools of the healing art before the world, *each claiming to have the truth in theory and practice, while all the others are false.* The Allopaths, or so-called 'regulars,' call the Homœopath a lunatic, or worse, and the Homœopath retorts by saying the 'regulars' kill their patients, and ought, every one of them, to be in the penitentiary practicing on each other, and so they are at loggerheads continually; except, it might be observed, when they fraternize to get bills through the legislature, enacting laws to keep out other practitioners and give to themselves special privileges; then they walk arm in arm, lovingly, apparently with no memory of the abuse they have been heaping on each others' heads for the past hundred years.

"If we need a State medicine, why not a state religion? Are not the interests of the immortal soul of more consequence than the body that perisheth? We are told they are infinitely greater. Then why not have a state board of examiners to determine who, and in what manner, and for how much men may preach the gospel, administer the sacrament, pray at the bedside of the dying, or instruct sin-sick souls in the way of salvation? Surely, men ought to be well educated for such tremendous duties. It is appalling to think of an uneducated man or woman engaging in such momentous work, but they do, and many a poor soul has rejoiced to have words of consolation from lips not trained to classic speech, but simply inspired by love of humanity and a spark from the altar of divine truth.

"Let us suppose a board of examiners, appointed by the governor, that shall dictate who is qualified to preach the gospel. It is made up of four Methodists, two Baptists and one Presbyterian. All other sects have no representation on that board. The candidate for pulpit honors must

pass examination in science, and literature, and doctrine. How long would it be before Universalists, Unitarians, Second Adventists, Spiritualists and Catholics would be refused a license on account of heresy or some other defect? And if any man felt himself called to preach or exhort, or conduct a funeral service without the certificate of said board, he would be fined and imprisoned, no matter how acceptable his services to God or man. Would the people then be free in their religious belief or forms of worship?" (Med. Liberty News).

By their monopoly laws, the drug-prescribers have put all other people into abject slavery; they have reserved to themselves the right to dispatch people and try to prevent genuine and God-gifted healers, such as Rev. Seb. Kneipp, Louis Kuhne and others, whose brains have not been befogged by irrational doctrines—the remnants of Mediæval times—from leading mankind back to the enjoyment of unalloyed health.

Under present conditions, if you have a boy too stupid for any profession where he would come in free competition with others, let him study medicine! This requires only a little memory, but not a trace of intellect. If he has the money to pay for three or four years' attendance to the college, he will graduate and be allowed to hang out his sign: M.D.,—and no matter how lazy he may be after completing his studies, and averse to further progress, his diploma covers all, as it protects him against more intelligent competitors and ardent students, who—financially less fortunate—were unable to attend college for that length of time. But it is also true that this class of drug practitioners degrades the entire profession.

The public requires no protection against deficient shoemakers; no one patronizes a poor workman. So it would be with the medical practice if it were thrown open to all. If free, only the successful would be sought. It is the lazy and ignorant drug-peddlers who insist on and cry for protection. Such monopoly is harmful to both the public and the better class of medical practitioners.

As to the way in which medical laws were begotten, we presume it has been much the same the world over—selfishness was their father, and ignorance their mother. Regarding medical laws, we maintain that the drug poisoners hold a double monopoly—one of medical practice, and one of unconditional ignorance.

What characterizes a murderer? He consciously and deliberately abridges the life of other people. Drugs are harmful in shortening the lives of those to whom they are administered; hence the people who prescribe drugs and lead others to believe in their virtue as healing agents,

knowing well how little potency for good they possess—are down-right murderers, and yet, the public support and pay a band of robbers and murderers, and have even allowed themselves to be cheated in adopting laws to be hypnotized into the belief that such laws are beneficial to the public. Progress is only possible under absolute freedom. It should not be forgotten that if the young United States have outstripped in many points the old countries, it is on account of their greater political freedom.

The eminent representative of the drug profession whose negative explanation of the Nature of disease we quoted, was the one who ordered a meat diet for the butcher.** This is exactly what we have to expect, if we apply for treatment to the drugging people who are utterly and absolutely ignorant of the nature and Essence of something, which nevertheless they have the audacity to treat. The result can only be most disastrous to the deluded patient, and it is to such perverse and ignorant people that the public has surrendered itself unreservedly for life and death. Verily, the utterly irrational condition under which we are living, is beyond comprehension.

In every state we find a body of 'regular' physicians composing what is termed a 'Board of Health.' As they do not know what health is, and as in the medical colleges 99 per cent. of the time is devoted to the study of Disease and Death, and only a fraction of one per cent. to the study of health, it seems most preposterous to style themselves thus. 'Board of Disease and Death', would seem much more appropriate. By such misnomers and misrepresentations* the drug people have thrown a spell over the public from which it must be disenchanted, before we can expect to see the community in a better state of health.

A CORONER'S CASE.

How the 'regulars' are treated, and how the 'irregulars' are treated by those whom the public have put in authority, although the former may commit any amount of manslaughter, and the latter may be pioneers of a more effective mode of cure, and great benefactors to mankind.

The following case occurred recently. A man, 65 years old, had been ailing for some 36 years; for four years, he visited various European springs, and during the next four years, he spent the winters in the Ber-

*Every now and then the papers are filled with some new fad of the drug people, and with the wonderful results achieved by it. A few years ago Koch's tuberculine was the rage, and now it is the anti-toxine. But after they have killed their quota of patients by this fad, you hear no more of it.

**See p. 294.

mudas. After his last trip, having experienced no relief from his difficulty in breathing, he was again treated by an allopathic physician. At last he made up his mind to go to an institute for Water Cure, managed by an unregistered physician. On the patient's arrival it was found that he had not slept for weeks, that he had suffered for years with costiveness, that his pulse showed 120 beats and was very feeble. He made 50 inspirations to the minute, and could hold his breath only a few seconds at the most; unable to breathe at all when recumbent, he had for weeks spent the days and nights in an arm-chair.

His difficulty in breathing being very great, he urged that something be done at once for his relief. A cool sitz-bath was applied for about 8 minutes, with the view of drawing the abnormal matter from the lungs towards the natural depurating organs—the bowels and kidneys—and thereby relieving the breathing apparatus. This procedure was followed immediately by a spontaneous movement of the bowels. As his feet were cold, they were sponged with cold water and then wrapped up in dry flannel. These measures so relieved the patient that he went to sleep for two hours. A trained nurse was with him all night. Next morning, he ordered his own breakfast, ate it, and immediately after was seized with an asthmatic attack from which he did not recover, in spite of attempts at artificial respiration. A regular physician was at once sent for, but could only testify that death had set in. If he had seen the deceased alive for five minutes, he could have written a death-certificate, and that would have ended the matter. As it was, the coroner had to be notified.

We have been present at other Coroner cases, in private houses, where the official came, made sure by some questions as to the circumstances of the deceased that death had resulted from natural causes, and issued his certificate; the whole transaction lasting hardly more than 5 or 10 minutes. Indeed, we hold that the original purpose of the Coroner's office was to ascertain that the death of a person did not ensue from criminal acts; now nothing was simpler than to demonstrate in the case in question* that a crime was excluded.

a. The proprietor had every incentive to keep the patient alive.

b. The treatment was absolutely appropriate, and possibly the only correct and strictly scientific treatment which the patient had received within the 36 years of his ailments, and which probably would have cured him, had he but applied three months earlier.

*The patient was not cured, in that institute, because the case was too far advanced; but quite a number of similar cases, almost as severe, that had been treated both in America and abroad for years by drugs and at mineral springs to no purpose, were all cured there.

c. A nurse from a public hospital had been with the patient from night to morning.

d. There was the physician, who was called in.

e. Countless relatives were ready to testify that they had expected the deceased to die on several occasions during the previous nights.

f. There was also a lengthy statement from the former physician regarding the condition of the patient up to the time when he arrived at the institute.

In short, if in any case death resulted from natural causes, this was one; and there should have been no difficulty in so stating.

But how was the proprietor treated ?*

First, *two* policemen came *in uniform* to inquire about the details. Then a policeman *in uniform* was stationed before the house from 9 o'clock A.M., till 5 P.M., when finally the Coroner's physician arrived. Also a number of newspapermen, who must have learned of the case through the Coroner's office, came, deporting themselves most overbearingly as if the proprietor were the meanest criminal, and then filled the papers with reports more or less damaging to the owner of the institute. As the relatives arrived in the forenoon, and no one knew when the official would appear, they were all kept in suspense from hour to hour. The undertaker's wagon, too, stood before the door for hours. And if we remember, that in the meantime, patients came and went to the institute for treatment, you will understand that by this whole unwarrantable proceeding the proprietor suffered an incalculable damage to his reputation. The entire transaction seems an outrage on the Coroner's office and on the public, who certainly did not decree that the quack doctors should annoy and injure their rivals.

When at last the Coroner's physician arrived, he was at first determined to perform an autopsy right then and there, to see as he broadly hinted in the presence of all, whether the deceased had not been killed in the institute. Now, an autopsy may be a trifling matter to a drug doctor accustomed to such sights, or in public hospitals; but it is an altogether different matter in a private house. At last he decided to omit this procedure and contented himself with writing the certificate. This did not

*We must not forget that the Coroner's office is run, so to speak, by the 'regulars' and that it seems to give them great satisfaction when they can let their usually more successful, irregular rivals, whom they cannot annihilate by virtue of greater intellectual power, feel a touch of their political power. In fact, if the regulars knew how to cure, the irregulars would have no opportunity. The latter prosper for two reasons, *viz.*: people after being quacked for years by the regulars with the result of shattered health, apply in their despair to the irregulars; and in doing so find out that this treatment is the only rational one.

end the case, however. Ten days later, the proprietor was subpoenaed by the Coroner, at whose office he had to make a sworn affidavit. There he also learned that the relatives, of the deceased had also been summoned for the purpose of determining whether they intended to bring charges against the proprietor.—

Now, we ask you, must the proprietor not appear to the public like a criminal, or at least as an ignorant person and an impostor? And will the relatives not tell all their friends to what annoyance they had been subjected, because the death had become a coroner's case? Many people will rather let their people be poisoned by the drug quacks, than to apply for rational treatment, and risk a coroner's case. The regulars know this very well, and they abuse the Coroner's office by using it as a thumb-screw against the irregulars. As long as the public permit this office to be outraged as stated above, they cannot expect to be served in the most perfect manner. What we demand is fair play, justice to all; and in order to obtain this, the regulars should not have any advantage over the irregulars; either every case of death must be made a coroner's case, or none. What we claim for all those who have made healing their vocation and who can show success, is the right to register, as the graduates of the drug colleges do. This license of the drug people to write death-certificates, virtually gives them power over the life and death of the people; it gives them power and opportunity to poison people slowly, and thereby extract a substantial revenue from their deluded victims for years. No doubt, the legalized poisoners will make the most strenuous resistance in order to keep the representatives of natural methods from registration. This privilege granted to the naturist, would be the death-warrant of the drug-quacks.

Presumably these quacks would allege that the naturists could not state in the death-certificate the correct form of disease from which the patient died, and that the information of the correct causes is necessary for the statistics. This, however, is but another instance of how our licensed drug profession mislead the public. The naturists make *Health* their study; they want to make people well and keep them well; nay, they are ever anxious to inform their patrons how to live so as to avoid future ailments for themselves and friends, and attain an old age. If the naturists had their way, no human being would die young, except from accident, and no statistics would be required. They seem necessary, because people die at all possible ages, owing to the, perverse dietetic directions of the drug people and to their drug poisoning.

Then, again, if a doctor certifies that a person died of, say, tuberculosis pulmonalis, he almost forgets that this term only stands for the ag-

gregate of a number of symptoms, such as loss of appetite, irregular bowels; abnormal pulse and temperature, expectoration, etc. The drug profession makes these signs an entity, and by inventing a technical name for it, they mislead the public into the belief that they know all about it; whereas the very reverse is the case. These false impressions have also contaminated the judiciary, as a judge demands that on doctors' certificates the technical medical term be mentioned, whereas it would suffice to state that a person was sick, and unable to leave his room.

As the case stands at present, it depends entirely on the integrity of the individual physician as to whether he will give a correct death-certificate or not; but we cannot withhold our doubts of the integrity of people who often against their own consciences make others believe that they can cure them by poisons; in other words, we mistrust the honor of people whose entire life is but one lie.

Also the drug doctors pretended knowledge of diagnosis is mere sham, and (as shown both in this book p. 211, ff. and also in 'Facial Diagnosis,' and in 'Positive Prevention and Cure of Tuberculosis'), so unreliable, that they cannot even distinguish between a sick person and a healthy one.

The hygienist wishes to make the public well. The many hundreds of ailments are produced by the drug people; and the technical terms by which they designate their offspring are quite useless as far as Restoration to health is concerned. We denounce the manner in which the proprietor was dealt with by the coroner's office, as an unprincipled trick of the drug people against one of their rivals.

It is an eternal and burning shame, a disgrace to our enlightened times, that such an occurrence as this should be possible in the City of New York, A. D. 1898.

And the manner in which the whole affair has been treated by the press is a painful demonstration of the fact that this great force of to-day, which should take the lead in the march onward and upward to progress and perfection, is still laboring under the delusion that the services of the drug profession are beneficial. By upholding this murderous class of people and by disparaging Natural methods of cure, our newspapers unwittingly work incalculable harm among the public, who in shattered health and early death pay the penalty for the blind confidence with which they follow these incompetent and self-appointed leaders.

PERVERSE MEDICAL EDUCATION.

CHAPTER 30.



IN order to account for the many shortcomings of the drug profession, it is only necessary to investigate the branches taught in their colleges. They are as follows:

Anatomy. It teaches the parts of the human body as found by dissecting corpses. The Nature Cure restores health without this knowledge.

Physiology. Treats of the functions of the various organs in a person, who is in a state of health. The drug people have misinterpreted these functions to such an extent that by their perverse doctrine *they have caused* the miserable condition of ill-health and great mortality prevailing amongst all civilized races.

Pathology, and *Diagnosis* treat of the phenomena and symptoms of disease. They are so unreliable that it has happened that a reporter, in order to test the skill of our physicians, visited half a dozen public dispensaries; in one, complaining about his ears, in another about his chest, etc., etc. The examining physicians were accommodating enough always to find what the reporter suggested, and yet the latter was a person in average health. Our Facial Diagnosis,* on the contrary, is well-nigh unerring, and can easily be learned by any one. Old time Pathology is almost useless for effecting a cure.

Medical Therapeutics, has for its object the treatment of disease by drugs.

Materia Medica, treats of the different drugs and medicines.

Pharmacy teaches the preparation and combination of drugs.

As all the drugs are more or less poisonous, and as all curative effects can only be obtained by Water Cure and other Nature Methods, which

*Kuhne's Facial Diagnosis. Translated by Aug. F. Reinhold, Ph. D., M. D., 60 Lexington Ave., New York City. Price, \$2.

restore many people who have been treated for many years vainly by drugs, it is plain that Drug Therapeutics, Materia Medica and Pharmacy are utterly useless for effecting a cure, and should have been discarded long ago.

Surgery becomes apparently necessary after the drugging system has done its worst to a patient, and can hold out no other hope. The Nature Cure requires no operations whatever. If a patient comes under this treatment while his case is fresh, he will be easily cured; and even after suffering for years, people, just on the brink of having a dangerous operation performed, have been rescued from the knife and most probably an early grave by our simple treatment. Thus we see that surgery also is absolutely useless for effecting cures.

Books on *Midwifery* and on Surgical Obstetrics tell everything, except as to making the act of childbirth easy, painless, and absolutely safe.

Countless pamphlets and lengthy essays have been written on *Children's Diseases*, and the treatment of them, but there is not a word to be found about the means of avoiding them altogether. This idea did not even enter their authors' minds, as the drug people seem to consider these plagues natural, inherent in man, and unavoidable. The Nature Cure, on the contrary, looks upon every form of sickness as abnormal; it has fathomed the cause of all ill-health, and has the power not only to abridge children's diseases at any stage, but also to avoid them and banish them forever.

The following curriculum, taken from the catalogue of one of our large Medical Colleges, may serve as a proof that the study of medicine classes with branches, such as alchemy, that should have been forgotten a century ago. And it would have shared the same fate if progress in this branch of knowledge were not made impossible by class legislation. It also shows how medical students are required to waste their time on branches not necessary at all, either to restore health or to preserve it.

Anatomy (dissection) 6 hours (drop 4 a week,) during the four years of study.

Physiology, science of the living being,	6 hours (drop)	
Chemistry	4	(2)
Chemical laboratory	12	(8)
Physiological chemistry	1	
“ laboratory	6	(4)
Materia Medica (knowledge of drugs)	2	(2)
Histology (knowledge of the tissues of the body)	1	

Osteology (description of the bones)	1	
Dissecting	12	(8)
Histology laboratory	6	(6)
Demonstration in osteology	6	(6)
“ “ materia medica	6	(6)
Pharmacology and therapeutics (about drugs)	4	(4)
Pathological anatomy (pertaining to disease)	2	(2)
Pathological laboratory	6	(6)
Hygiene (science of Health)	1	
Bacteriology, microbes	1	(1)
Bacteriology laboratory (experiments on microbes)	6	(6)
Principles and practice of medicine	5	(5)
“ “ “ “ surgery,	6	(4)
Obstetrics (midwifery)	3	
Operative obstetrics	2	(2)
Gynæcology (diseases of women)	6	(6)
Operative surgery	4	(4)
Diseases of ears and eyes	4	(4)
Pharmacy (drugs)	1	(1)
Diseases of children	2	(2)
Nervous diseases	2	(2)
Dermatology (discourse on the skin)	1	(1)
Genito (urinary) surgery	2	(2)
Diseases of the rectum (orifice of the bowels)	2	(2)

From this we see that the Medical student devotes 128 hours to the study of DISEASE, and ONE hour to that of HEALTH. He spends about \$92 to to \$106 for books of Diseases and about \$3 for one on Hygiene.

For a College of Hygiene, the writer would omit entirely the number of lessons put in parenthesis, leaving only 30 lessons of the old ones; thus we should gain 98 hours which should be devoted to the study of Health.

From our experience we have found that as a rule any one that has received a medical training is spoiled for Nature's Methods; he rarely rids himself entirely of the effects of his early perverted training.

In the present medical education about 40 per cent. of the student's time is devoted to dissections and operations on live and dead bodies. As

explained in chapter 24, on surgery, we reject all operations for chronic forms of disease as useless, and fraught with harm. In this attitude, we are supported by the following instances mentioned by J. Armstrong, M. D. :—

“ It is asked, how are we to learn surgery if we don't attend college, and dissect ? The celebrated surgeon ‘Velpeau’ in his great work on surgery said, that whoever expects to acquire the surgeon's art in the dissecting room will find himself disappointed; that it is not upon the dead but upon the living subject, that the surgeon's art is acquired. Many regulars, says Dr. Curtis, are very fond of unsheathing the knife and of performing operations; and many a limb and many a life has been lost in consequence. Why not profit by these frank and candid remarks, if, as one of the chief of surgeons, ‘Abernethy,’ asserts, it was owing to their ignorance that instruments and operations were necessary ; why not acquire the knowledge necessary to cure patients *without* surgical operations, when such a cure is possible by other means. In numerous instances high medical authority recommended surgical operations as the only hope, and these so-called hopeless cases were cured afterwards by persons that did not claim to be physicians at all; and there are also thousands of cases on record going to prove that operations only did harm; and other thousands going to show that patients never had a well day, but were miserable as long as they ever lived after said operations; to say nothing of the thousands of cases where the patients died on the operating table. We think that if you possess a heart that feels for the woes of humanity, you will first acquire what knowledge is possible that will enable you to cure your patients without resorting to the knife.”

“ But how do the people look upon our medical colleges and hospitals and the men that control them ? They are regarded by many as grand and indispensable institutions and of invaluable benefit to mankind; and if we would only value the Board of Health at their own estimate, it is impossible for us to explain how the Creator made the dreadful mistake of not having such a Board of Health ready, to take charge of the life and health of our first parents; so that in case of any physical ailment, before any practitioner could administer to either of them a cup of catnip tea, this State Board of Health could decide whether the medical college he graduated from was in *good standing*; if not, it would be necessary for him to pass a satisfactory examination before said board. It is, of course, generally understood that unless we have a family physician ready to jump from his bed at midnight at the ring of the telephone, it would not be safe to retire; and without a delegation of experienced medical men, graduates

of medical colleges in *good standing*, to go to (the capitol) and superintend the enactment of laws in our legislature to protect the dear people (the doctors) from quacks and imposters, life would not be worth living.

"Let us take a peep behind the curtain and carefully watch the working of the machinery of a large and popular Medical Monopoly College with an average attendance of, say six or seven hundred students. The fees paid into said college by said students amount to from \$60,000 to \$100,000 annually. In order to become thoroughly qualified and comply with the regulations of state law, students are required to study four years, at an average expenditure of from \$300 to \$600 yearly.

"Let us now take the finished product of this great educational institution and see the effect of their work on society. We will take the brightest graduate of his class, who is now Dr. B———, having graduated with honors; has opened his office and received his first call. His patient is the only child of the Rev. Mr. R———, pastor of the Presbyterian Church, a boy eight years old, and on examination the doctor pronounced the disease a severe case of membranous croup. He writes a prescription and instructs the mother to send to the drug store and have it filled at once, and to call him again should the child get no better. The prescription was filled and given as directed, but the child seemed to get worse instead of better, and the doctor was again called; but nothing that he did seemed of any avail, and fearing the child would die, he recommended calling counsel. He, of course, preferred to call in consultation whom he considered the most noted professor in the college he attended, who could also, if necessary, perform a surgical operation as a last resort. He was telegraphed for, and the nature of the case stated. The child rapidly grew worse, and upon the arrival of the noted surgeon he declared there was no hope unless an operation could be speedily performed; this was attempted, but the child died before it could be completed. The parents, who were highly respected in the community on account of their noble qualities of heart and high Christian character; had the sympathy of the entire village in their sad bereavement: but the mother, almost crazed with grief, could not be quieted down; and her condition after the funeral became so alarming that the doctor was again summoned; and as he had been taught at college that in such cases morphine was one of the great remedies, he strictly followed the teaching of the schools; but as its administration only seemed to make the patient worse, chloral and other narcotics were given, but with no better effect. In the meantime the husband, worn out with care and watching, was prescribed alcohol in small doses to keep up his strength. It was but a short time until the finely constituted nervous

system of Mrs. R—— gave way, and she was but a wreck of her former self. The poison had done its destructive work, and the medical men in attendance advised that she be sent to the state insane asylum. A few months later and the parsonage was empty. The husband had fallen a victim to the habitual use of alcohol.

"Here we see clearly the fearful effects resulting from a false and defective medical education—first, in failing to give the treatment required in the form of disease called croup; second, in administering morphine as a medicine, and, third, in advising the use of alcohol to patients.

"We find that in many cases the men, they (the regular medical colleges) send out do not know how to cure simple cases like the one we have just referred to, where simple means only are needed. The colleges want the people to believe that they and their graduates *only*, understand and are capable of treating disease, and want their graduates to have a monopoly of treating the sick. We, of course, refer principally to the "regular" medical colleges, whose managers have succeeded in smuggling laws through the legislature that would have been a disgrace to the dark ages. Not only do they want to keep the people ignorant of how to cure themselves, but they want to destroy, root and branch, any set of men that desire to maintain a Medical Educational Institution that will not endorse their creed.

"But let one of their own number, Prof. Harrison, M.D., of Cincinnati, speak. He says: 'I would not meet a homœopath at the bedside; I would not meet him as a friend; I would not meet him at the altar of God.' And a learned surgical professor in Kentucky declared it as the general opinion of his allopathic brethren, that homœopathic physicians should only be allowed to practice in the penitentiary and upon each other. These are the men, American citizens, that control the largest medical colleges in the United States. It is men, controlled by such a spirit as this, that are the educators of the majority of the young men preparing to practice medicine in the United States to-day.

"Can it be possible that men—with a hatred so deep against their rivals that they care not whether homœopathic, electric, or physico-medical physicians go to heaven, purgatory, or the penitentiary, so they can get rid of them as rivals,—can educate men to act the part of friend and adviser in the hour of sickness and trouble? That there are some good, honest, Christian men in the allopathic ranks we do not deny; but there is abundant proof that the opposite element dictates and controls the profession.

"The old school has succeeded in persuading very many that post mortem examinations, and all the mystery of the dissecting room, consti-

tute the most important part of medical knowledge; and that without which we are all in the dark as to how to cure disease. This most absurd position, which a moment's reflection should overthrow, has many in its faith. Pray tell us, has medical practice, in the cure of disease, been more efficient and successful under the light shed from the dissecting room? Do poisons and the lancet operate any less fatally from a knowledge of anatomical structure? And are there any more escapes from the sanguinary treatment of the old practice, now that the practice of cutting up human bodies is a practice as common with the M. D.'s as cutting up pork? It is baseless pretension—it is quackery to affirm it. The 'potent wand—the scalpel,' has revealed no new power to combat disease. Every one must be convinced of this who considers for a moment that, under the old treatment, disease is as fatal—aye, more fatal if we take Rush as an authority—than before pathological anatomy was made the basis of an 'ineffectual speculation.' If dissections have led to revelations, "where are the proofs? We, of course, look for these in a more successful practice—in greater medical skill, in staying and overthrowing disease. But look at the facts. The fatal results of their practice prove that the dead have revealed to them no knowledge whereby they can rightly set up the claim to superior wisdom in the cure of disease. The assumption is too preposterous to be for a moment entertained; and the fact is notorious that the most ignorant of Thomsonian (hygienic) physicians can cure disease which, under the old treatment, is only aggravated, and this, too, in the full blaze of pathological light. 'We anatomists,' said a celebrated surgeon, 'are like the porters of Paris who know every street and by-way, but know nothing of what is going on within the houses.'

"If we examine the hospital returns of Europe, what slaughter, under the surgeon's knife, is presented to view! That in which B. C. Brodie was Chief Surgeon to His Majesty to the tune of \$42,000 salary, the deaths after the operations of the knife were absolutely appalling; and dissections in most cases following close upon the heels of death—but what discoveries were made, which insured more safety to the succeeding patient? None whatever—and all the parade and quackery of the pathological anatomist, flourishing his 'all potent wand, the scalpel,' can beget only loathing and disgust in every rational mind. The surgeon's knife was busily plied, and death as hastily followed. No wonder that Armstrong, 'physician to His Majesty in the fever hospital, London,' was made to exclaim that 'pure surgery is a vampyre whose daily food is human blood.'

"All the boasting we hear of the crowning medical skill which pathological anatomy affords, is only a stupendous humbug by which the people

are most lamentably quacked out of their money, their health and their lives."

The following was said by Traill 35 years ago:

"Strange as the announcement may sound, I must assert that health is not taught in the popular schools of medicine, [nor explained in their books, nor much regarded in the prescription of their physicians. *Medical students go to College* to learn the symptoms of disease, and how to cure them, or rather in what way to drug them; not to learn the conditions of health, and how to preserve it."

As we have seen, the study of health is like a dead letter to-day with the medical profession. Most of those branches, taught in a Medical college, *viz.*: Anatomy, a great part of Physiology and Pathology, all of the Therapeutics, Materia-Medica and Pharmacy, together with by far the greatest part of Surgery, are quite useless for the purposes of restoring health. Some of these branches, looked at from the standpoint of Anthropology or Biology, may be considered great acquisitions to human knowledge; but again, we most emphatically deny that their knowledge is in the remotest way instrumental for the purpose of recovering lost health.

The *student of medicine* has to devote so much time and labor to branches quite useless in a cure, that it is not to be wondered at that he must commit many a fatal blunder before he becomes something of a practitioner into whose hands you can trust your life with any degree of safety.

In order to obtain a cure, all that is necessary to do is to expel the intruder—the impurities—from the system. For this purpose we need not trouble ourselves about the body at all. A doctor's knowledge of the human skeleton with all its many perforations, places of attachment for the muscles, of the nervous and vascular systems with their countless ramifications, together with the entire contents of the *Materia Medica* are as useless to a suffering patient as if his physician understood the language of the Hottentots or could compute the gravity of the moon. That my proposition is correct is daily borne out by the results.

Wild beasts are utterly ignorant of their own Anatomy, Physiology and Pathology; they have no Therapeutics, *Materia Medica* or Pharmacy, and yet—this must be most provoking to our learned friends, the drug doctors—somehow they manage to remain well, as long as they are not interfered with by man. They have no need for Narcotics, Tonics, Sedatives and all the rest of the poisons; and therefore their nerves are always in a most enviable condition.

Did you ever watch the countless *little fish* playing in the water? They are well! Think of the minute eggs they sprang from! From the

first moment, when the shell burst, they had no over-tender parents, nor any doctors to ruin their health. They had no one to care for them but Mother Nature. Nature kept them well.

Nature is our mother, too, and Health should be our inheritance; but it is not, owing to that irrational class of men styling themselves 'doctors.' Suppose such a learned (!) gentleman were to treat the little fish with his Bismuth and Quacksilver, with his Arsenic and Iron tinctures, with his Morphine or Strychnia; do you think that this interference would benefit the little creatures? But just such a tiny being you have once been yourself; and if you have not attained the highest mark of physical and mental perfection, you have to thank the Drug System for it; it interfered with your normal development even in your mother's womb. If, during the growth of a fish, a medical man would step in at any period, and administer his compounds, we leave it to you to imagine how large the fish would grow, or rather, how young it would die.

Good people seek and find what is good; the wicked find the evil. To the misanthropist, the entire world seems black; whereas to children, it appears rosy-hued. The drug profession looked for and found plenty of sickness; and the closer they searched, the more they discovered. They have written thousands of books on disease; they study it; they see and smell it everywhere; every moment of their lives is given to the investigation of its countless phenomena. They have hypnotized themselves into this idea, as it were, and the result is—that not only are they themselves sick, but they have become great promulgators of this infernal idea of sickness. *Our* endeavor is the very reverse: we do not acknowledge sickness at all as an entity. It has no essence; it consists only in impurities. Cleanse them out, and people are well. This is all that is necessary. Do not believe one word of what the drug people prate about the cause of disease, or proper mode of cure; we trust that in the near future you will find out for yourself that they know absolutely nothing about either. Statistics taken from Medical Journals show the *mortality* among the *drug profession* to be higher than that of the clergy or the lawyers; and that it is next to the butchers and saloon-keepers, which reach the highest mark. Now, these facts are very suggestive, and make a person think. The drug people recommend meat, and plenty of it, to give strength; and the butchers who eat the most meat, are the first to succumb to death. The drug poisoners also recommend alcoholic stimulants; and those people who take the greatest quantity, who are often even paid for what they drink,—the saloon-keepers—are not behind the butchers in the race after death. And our drugging

friends, who recommend meat and alcohol, follow next in order. Isn't that singular! But do you suppose that aught we could say, would convert any of their class? No indeed.

Observing the ways of the drug practitioners, we cannot help regarding medical colleges as places where are bred people with a vast amount of self-conceit; conservative people, opposed to progress; full of jealousy towards outsiders; people who hold a false position to mankind; people who cause unspeakable misery; where they are taught the fine art of so poisoning their fellow-creatures that it cannot be detected; and who are often so ignorant that they do not know what mischief they are working.

Dr. Schweninger, a representative of Natural Methods of Cure who saved Prince Bismarck's life from the clutches of the Allopathists and Homœopathists, says: "When a student leaves College, he knows nothing about the art of healing." And yet, such people are allowed to hold absolute sway over the lives of their fellow-beings!

We do not believe that many of the drug graduates will be converted to natural methods; and a large percentage of those that have adopted these methods, spoil them to a large extent by working them in together with their old methods, which they cannot entirely forget. As Moses led the Jews about the desert for forty years in order that the old, effeminate race should die out, and a new and hardy one should grow up, so it is absolutely necessary to remodel our medical colleges, and to instruct our new generation of physicians in all that pertains to *Health,—not to Disease*.

The following instance is a most striking illustration of our position:

The (N. Y.) World of May 24, 1897, wrote: "A Bellevue (Hospital) patient eats, drinks and sleeps in hot water."

"The remarkable *experiment* of continually keeping a man in a bath tub filled with water heated to a high temperature, and having him eat, drink and sleep there in the hope of saving his life, is now being conducted at Bellevue Hospital; and the physicians not only of that institution but medical men generally are vastly interested in the outcome.

"It is the first time in the history of Bellevue that such an experiment has been made, although the treatment is not new. There have been a few cases of the kind in different hospitals throughout the country and in Europe, but never in this vicinity; and its success or failure has never been clearly demonstrated. (1)

"Everything that could be done to relieve Mecke's sufferings was tried, but without any apparent benefit. His sleep was of the fitful sort, never lasting more than a few minutes; and while awake, he kept groaning ceaselessly.

"When it was finally decided that the patient could not possibly be saved by the known methods, Dr. Dow suggested to Dr. Abraham Jacobi, the visiting physician, that the hot bath be tried.

"Dr. Jacobi consented to the *experiment* being tried."

In the first place, you notice that medical empiricism does not proceed on definite *principles*, but contents itself with *experimenting* on peoples' lives. Furthermore, if you put a bunch of flowers, fresh cut, with their stems in water, they will flourish for several days; but if entirely submerged, they will decay in 24 hours. Our skin was made to be in contact with air, and to exchange its gaseous effete matter from the pores for the life-giving oxygen; but how the experimentors expected that the skin should make this absolutely necessary exchange under water, is more than we can comprehend. You may take it for granted that as a rule when the drug people dabble with Water Cure, they use it quite irrationally, making a sad botch of it.

In a later number we read:

"Louis Mecke was again put to soak this morning, making the sixth day in which he has been in that condition. He will stay in soak sixteen hours to-day. Mecke is in a tub of water at Bellevue Hospital, and there he sits day and night, eating and sleeping, with the water as high as his chin.

"He is the victim of disease, and the physicians say that this heroic and unusual method of treatment is made necessary to save Mecke's life.

"The doctors are much interested in the case. Mecke is being treated for atrophy, and after being four and a half days undergoing this external irrigation, his condition is so much improved that the physicians are very hopeful.

"A month ago Mecke became ill; the doctor thought he was suffering from gangrene.

"He was taken to Gouverneur Hospital, and after being there for two weeks, was sent to Bellevue. There he was placed under the care of Dr. Dow, in Ward 26. It was then seen that atrophy was setting in. The disease is a wasting away from lack of nourishment.

"Mecke has shown such a wonderful improvement that the treatment may become generally adopted. It will be named the Dow treatment, in honor of the doctor who first *tried* it.

"Dr. Dow, in explanation of his *experiment*, said that he was struck by the fact that vegetables and fruit will become revived and fresh by im-

mersion in water, and *he could see no reason* why human beings should not thrive under such treatment.* (FIG. 146.)

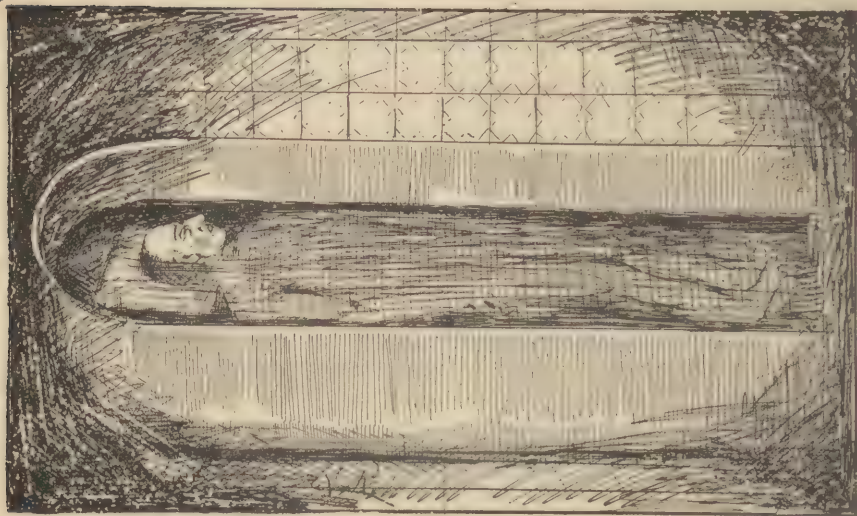


FIG. 146. (*Methods of Cure*). The drug people employ Water Cure perversely.

* Every now and then we are apprised of a new fad of the drug people, and what marvelous results they expect from it. But as they are ignorant of the nature of disease, all their endeavors are doomed to failure. You never hear of the latter!

FINIS TO CURE.

CHAPTER 31.



THE drug people have filled countless volumes with the alleged virtue of drugs and operations. In the foregoing critique, only a few of their irrational and pernicious methods were alluded to. To expose medical folly exhaustively, would fill as many books as they have issued.

The various factors which have to be considered in treating disease, can be classified as follows:

1. Their symptoms.
2. The organs in which the disease appears; whether the matter has settled in the assimilating, depurating, the muscular organs, those of the special senses, or in the blood.
3. The age of the person or the condition of his vital power (children's diseases, or those developing in adults only.)
4. The sex of the individual (female diseases, or those arising from one's occupation.)
5. The cause or origin (whether hereditary, or acquired by contagion or perverse regime.
6. The duration (whether acute or chronic.)
7. Their curability.

Dunglison's medical dictionary mentions only the first of these classifications, and subdivides them again into structural change and functional derangement. These main branches are again subdivided, and twenty of them are referred to diseased nutrition, while only six are referred to altered mechanism. But it would not be difficult to reduce the latter also to the same final source of perverted nutrition. We see, medical men had a vague glimpse of the true nature of disease, but failed signally to make any practical use of it. The organs of assimilation become deranged, when substances are forced upon them, such as meat, spices, drugs, alcohol, etc., which are not found in a healthy body, and which never enter the system of beings, living in a perfectly natural way. The depurating organs become the seat of deposits, either because of our

voluntary suppression of their functions, or because their vital power has been lowered by the introduction of material, wrong in quality and quantity, or by the absence of daylight from the skin. The blood, muscles and the whole body become deranged from lack of exercise; and the organs of special senses are affected, because they have the least amount of resisting force. Thus we see *every form of disease can be reduced to deviations from the laws of Nature*. When any acute form of disease first appears, it coëxists with purifying excretions, for instance children's diseases are accompanied by skin eruptions, such as the red papules of measles, and the rash of scarlet fever, etc.; while in adults we see the red spots in typhoid fever, the vesicles in smallpox, and the various forms of eczema, ulcers, carbuncles, pimples, etc. Or there are discharges from the ears, eyes, nose, the urithra in gonorrhœa, the vagina in leucorrhœa, or from the bowels; or expectorations from the throat and lungs, as in whooping cough or tuberculosis. All these symptoms indicate, that there is foul matter behind. If this endeavor of Nature at elimination is prevented or stined, the corrupt matter must settle somewhere else. In this way, all chronic ailments are caused, such as blindness, deafness, etc. *As the drug experts do not know that these discharges are part of a cleansing process, they concentrate all their efforts upon suppression. Thus it is, that the drug profession is responsible for most of the chronic ailments that exist.* Now, if we find corrupt matter in our body, we must find out how it came there. There are only two ways. We have introduced wrong material, or the poisonous products of the body have been retained. This knowledge shows us at once, on what lines alone a rational cure and a permanent prevention of disease can be attempted. *Eat the proper things, and keep the depurating organs open. This is the only method of cure for all diseases, and will keep us in perfect health forever. This is the whole secret of the perfect health of wild animals.*

Children are given everything to eat. When they have measles, however, their mothers give them only oatmeal porridge without salt, and thus they recover. If they had always been fed on such simple diet, they would never have been sick. If females suffer from prolapsus, or in cases of floating kidneys, or hernia, these conditions are attributed by us to a relaxed state of those tissues which usually hold the displaced organs in position. If you examine such patients, you will find, that their entire system is more or less run down and degenerated, and this comes from a wrong diet in the first place, and an unnatural mode of living in the second. As to contagious diseases, they do not attack all people indiscriminately. But they select their victims according to fixed rules. They

overtake only those whose bodies are grossly charged with morbid matter, introduced as indicated above. In order to produce fruit, you need the seeds, and the proper soil, warmth and water. If any of these elements be missing, no fruit can be obtained. If a person's system is free from abnormal matter, the germs of no contagious disease, whether of tuberculosis, cholera, smallpox, or any other, can develop, because the favorable conditions are lacking. You see, even with infectious diseases, the main source is still perverse diet and regime. Whether a form of sickness is cured in the acute stage or prolonged into a chronic ailment, resulting in premature death, depends entirely, into whose hands the patient happens to fall. *If the would-be healer does not know what sickness is, as the drug prescribers confess of themselves; if they mistake, as they all do, the efforts—which nature makes towards cure, in endeavoring to free herself from the latent deposits,—for the disease itself; and try to suppress this curative action by driving the discharges back, and locking them up in the system, then we cannot wonder that chronic and incurable cases prevail to such an extent.*

As wild animals are healthy, so man should be. The prevalent idea of 'curing people' is radically perverse. People should require no patching up. The entire process of healing is unnatural, and does not conduce to the advancement of mankind as other sciences do.

Have we not made clear to you, that all artificial means of curing are "humbugs," are "shams?" Has not your common sense, your logic told you that Nature is the only safe Cure, and that the Water Cure *alone* follows Nature's laws, and brings diseased human nature back to its *natural* and perfect state? Can you have confidence in a body of men who, acknowledging that their own systems of cure are erroneous, make no effort to understand ours, but simply sneer at it? Let me quote from Dr. R. T. Trall:—

"There assembled at St. Louis, Mo., a National Medical Convention. This convention was composed of the very *élite* of the profession—professors in medical colleges, presidents of medical societies, authors of standard books, and other gentlemen of distinction from all parts of the country. And they met professedly for the purpose of elevating the character and dignity of the profession, conserving the public health, and putting down quackery."

"The resolution, which was deliberately discussed, adopted and recorded, is in these words:—

"It is wholly incontestable that there exists a widespread dissatisfaction with what is called the regular or old Allopathic system of medical practice. Multitudes of people in this country and in Europe express an

utter want of confidence in physicians and their physic. The cause is evident: *erroneous theory*, and springing from it, *injurious*, often—*very* often—*FATAL PRACTICE!* Nothing will now subserve the absolute requisitions of an intelligent community but a medical doctrine grounded upon *right reason*, in harmony with and avouched by the *unerring laws of Nature* and of the vital organism, and authenticated and confirmed by *successful results.*”

“In plain English, an intelligent COMMUNITY demands a medical system which will *cure*, and not *kill*.”

“But what do these words mean? Are they true? And *when* did these medical gentlemen ascertain that the system which they had practiced so long was ‘erroneous in theory and fatal in practice?’ Did they make the discovery while in convention assembled, or had they known it long before? And have they discontinued this ‘injurious, and often, very often, fatal practice?’”

“But has it come to this? The profession has been accumulating remedies for three thousand years; whole libraries have been written in laudation of their curative ‘virtues;’ thousands upon thousands of drugs are recorded on the pages of the works on *materia medica* and *therapeutics*; and yet they do not cure at all? Why, then, give drugs? If the *vis medicatrix naturæ* is the curative agent, why not administer the *vis medicatrix naturæ*?* But drugs may ‘aid and assist the *vis medicatrix naturæ*.’ How? By poisoning the blood? By diminishing the vitality? By inducing a new disease? What is the rationale? Was there ever another such a metaphysico-therapeutical muddle?”

“The regular medical profession, in all of its standard authorities, text-books and schools, and in all its current periodicals, and in all of its floating literature, and in all its history, and in all the lectures of its living authors,” is utterly in the dark regarding:

The Nature of Disease. It teaches:

A False Doctrine of the Action of Remedies, and

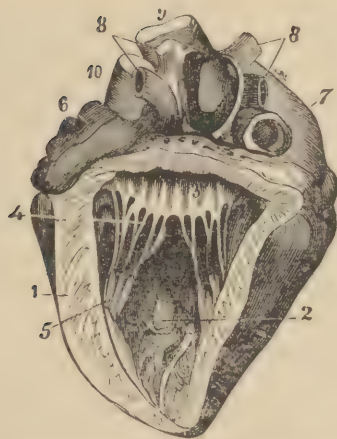
A False Theory of Vitality;

A False Doctrine of the Relation of Disease to the Vital Functions;

A False Doctrine as to the Modes of Cure.

“Without an exact knowledge of the truth of each, the physician can have no True Medical Science, no Rational nor Successful Practice. His theory will amount to little more than technical gibberish—‘incoherent expressions of incoherent ideas:’ and his practice, ‘blind experiments on the vitality of the patient.’”

*This is exactly what natural methods do.



Interior of the left ventricle. After Cruveilhier.

FIG. 141.—THE HEART;—THE CENTRE OF THE BLOOD CIRCULATION.

3. VALVE, A MOST DELICATE MEMBRANE.

The hollow interior of the heart is divided into four chambers, separated by valves.

The heart receives the dark blood from all parts of the system, transmits it to the lungs to have it aerated, and thereby made bright, receives it again, and finally throws it into the arteries for redistribution throughout the body; and the valves prevent the blood from flowing backwards. The contraction of the heart forces the blood into the arteries, where the beating of the heart is felt as pulse. The heart is principally made up of muscles, and is actuated by nerves.

If the valves do not close correctly, the aëration of the blood will be imperfect. If the heart be weak, the circulation is imperfect—the temperature of the extremities will be below the normal, and the entire body will receive less nourishing blood, and will be relieved of its effete matter in an imperfect way.

The heart will act abnormally, when foreign matter has settled within its muscular fibres, or obstructs the nerves supplying its nerve force, or when the blood is of an improper composition, etc. All these abnormal conditions are brought on by an improper mode of living, especially by wrong food and inaction of the depurating organs. Cure can only be effected by removing the causes. The drug doctors try to stimulate the heart by tonics, such as digitalis, arsenic, bismuth, etc., all the vilest poisons. These poisons do not stimulate the heart, but the heart tries to resist them; this produces over-action of the heart, with subsequent exhaustion and dropsy. All this is the result of perverse and thoughtless drug treatment. When the quack first prescribes his tonic, there is neither heart-failure nor dropsy; but soon both appear—thanks to the ignorance of our legalized poisoners.

“When Harvey discovered the circulation of the blood—he knew so well the inveterate prejudices of the profession, and its blind adhesion to ancient dogmas, that for many years he did not dare to publish his discovery to the world. And when he did announce it, some ten years after he had completely demonstrated its truth, he was reviled and persecuted by his medical brethren. And it is recorded in medical history, that not a single physician *over forty years of age* ever acknowledged the truth of Harvey’s discovery. (Hear !) (FIG. 141).

“But if Harvey’s discovery, which in no way affected the interests of the profession, elicited such bitter opposition, what may we not expect when we announce a doctrine that not only revolutionizes the whole system of medical practice, but virtually annihilates the whole medical profession ?

“We offer the medical profession the very system which it says an intelligent community absolutely demands; and the profession not only refuses to adopt it, but even to investigate it. And it applies to those of us who advocate and practice it, such unpleasant epithets as ‘quack.’

Now, after a lapse of 40 years, the public and the Drug Empirics are still in the same position towards each other. The public seeks a rational mode of treatment; and the drug schools still offer the old-fashioned method of experimenting on peoples lives.

The dignified Medicine Bottle stalks about in its powdered wig, and leaves it to the laity to devise rational modes of treatment.

We hear the following from Dr. Allinson regarding the *Drug System*:

“This is a system by which persons hope to sin against the laws which govern them, and avoid paying the penalty by taking nauseous drugs. It is an attempt to cheat Nature. In other words, I break some of Nature’s laws which govern man, I suffer in consequence, and then rush off to the doctor to try to avoid the penalty. If such a condition were possible, there would be no need for right living. I could eat, drink, smoke, etc.; all I should have to do would be, to take a drug and I could soon be well. But unfortunately for such a theory, drugs do not cure disease. In the laws of our being it is enacted that he who breaks a law, knowingly or ignorantly, must pay the penalty due. A person sins, and then takes the nauseous drug given, this does not prevent the disease. The disease must run its course, and we have then to combat both the disease and the drug. Let us take an ordinary example or two. Eczema—is a skin disease that many of us have seen. A person having this complaint goes to his medical man and consults him for it; the doctor says, ‘Eczema,—Take this medicine and apply this lotion and it will soon cure you.’

In some cases it does get well for a time, and breaks out afresh when the lotion is stopped. But in some cases it defies all applications. If we look at the rationale of this complaint, we find it due to some disordered state of the system; the skin making such a condition manifest. The doctor says, and that correctly, too, 'the skin has no right to be in that condition;' but instead of investigating the habits and ways of living of the patient, to find out the cause of the disease, he very often never enquires into these, but lets the patient go on as usual, being content to suppress this sign of a wrong systematic state. If the lotion applied does make the skin assume its natural tone, then the diseased state of the system is not cured; only its local manifestation is hidden. The abnormal state still remains and may show itself in another form as another disease. The rational mode of cure for such a disease is to change the habits of the afflicted person; make him live properly, then the eczema will vanish naturally, and the system will be known to be in a right condition. To force one part to suppress its natural acts by drugs, is like stopping a rebellion in a place by an armed force. This force keeps all quiet; but remove your force and it will at once break out. So with disease. If you want to quell your rebellion you must remove the cause of it, and then the people will be quiet; if you want to remove your disease you must remove its cause. *Diabetes* is another example of a disordered condition of the system. It is known by the patient having great thirst, a large quantity of urine is passed, which will contain a large amount of sugar, and the patient loses flesh. The ordinary medical treatment is to stop all sugary and starchy foods. The sugar then decreases, the amount of urine lessens, and thirst is abated. This is usually brought about by putting the person on a flesh diet. But does this cure the disease? No, for as soon as the person takes to his ordinary food again, the thirst and sugary urine usually return. If he lives on flesh he will stop the sugar appearing in the urine, and the thirst, but he does not eradicate the cause from the system, whilst the damage the flesh-meat does the system is very great. The hygienic physician would say: this diabetes is produced by some wrong condition of the system. We must try and remove this wrong condition by proper living, at the same time avoiding in a great measure the sugary and starchy foods. Then we may abolish the disease; but if we do not, we do no harm by our treatment, which is more than can be said of the flesh treatment."

Regarding the drug system, we read in *Medical Liberty News*: "That it has used all its time since its first establishment in trying to make the people believe that it is the very embodiment of wisdom itself. In

order to accomplish this end and purpose, they have resorted to the term REGULAR, and would have the world to understand by this term that they know it ALL, and have it ALL, and that all other schools of medicine are irregular systems of quackery. In the second place, the old school has thrown a mask of technicalities over its curriculum and driven it into foreign languages to hide its ignorance, although trying to appear very learned. Not only this, they now require their students to be Latin scholars and that they shall be in attendance for four years at school before they are allowed to remove the technical mask from their curriculum preparatory to graduation, during which time they will be able to extort from each student from one thousand to fifteen hundred dollars. There is another peculiarity about those old Allopaths. They publicly deny the leading truths taught in other reform medical schools, and try to steal their newly discovered remedies. I have noticed this in the last thirty years; the old Allopath school has always taught its students that specific medication as taught by the Eclectics was a FARCE and a FRAUD, but on the contrary, they have taught in their schools that there was no specific medicines; but how about recent date practice since the germ theory has been heralded to the world and every known disease attributed to a specific germ, and that each specific germ would necessarily require a specific germicide in scientific medication? How about the Kleb Loeffler Bacillus discovery, the specific germ found in diphtheria and its specific treatment by Anti-toxin derived from HORSE and MULE BLOOD SERUM, which the old Allopaths now ADMIT? This bomb has been exploded in their ranks and torn the mask from their hidden technical curriculum, so its nothingness is plainly seen by the world. Large doses of CALOMEL, BLUE-MASS and JALAP, quinine, arsenic and strychnine, whisky, and other mineral poisons. Their sheet anchor is quinine, morphine and whisky; but during their milennial age of heroism the Homœopaths confronted them with little pillism, high potencies, and their specific attenuations, and with this do-nothing armamentum. They taught the Allopaths and the whole world a valuable lesson by proving to them that they had better success and lost fewer patients with their placebo (do-nothing practice) than the Allopaths did with all their HEROIC DOSES and self-arrogated BOISTEROUS SKILL."

You may say: The medical people have written large volumes on Osteology and Physiology, on Obstetrics and Sexual diseases, on Embryology and Troubles of the ear, eye, nose, on Diseases of the Orifices, etc. Now, is not that something? It is; and we should be sorry if mankind were to lose the information. But wild animals manage to remain well without all that knowledge. Those branches are all right in their proper place

and for their proper purpose; but they do not teach a person how to avoid sickness, or how to become well. And it is the answer to these questions, which people should learn. It looks to us as though the medical people have been gathering pebbles on account of their pretty colors, not with the view of future usefulness. As to Obstetrics, the medical folks should not make it their study to invent more and more complicated instruments with which to salute the future citizen, but should rather concentrate their energies on how to prevent all irregular births, and how to make parturition easy, painless and natural; so that women will look forward to their delivery with pleasant expectation, and not as to the day of their execution. This is largely the result of medical mismanagement.

Judging from the medical text books, we are inclined to conclude that if an insane person—one with his mind totally destroyed—a regular medical Don Quixote, should write a book on the Practice of Medicine, his doctrines and prescriptions could not materially differ from the teachings propounded in our present medical books.

Friends, do not be deceived! and do not imagine that the majority of medical people will mend their ways or laws of their own accord. They have failed to do so since the days of Priessnitz and Trall, and will continue to poison the people as long as the public will permit such imposition and outrage. In order to rid yourselves of the tyranny of Drug Poisoning, you must interdict it by law, and repeal all party laws protecting its advocates.

At college students are crammed with words, phrases and dry "facts" (?) There is no time and no desire to follow out this or that line of thought to a logical conclusion. The young man spends his time and money in this way, and when graduation lets him loose upon society, he feels he is entitled to reimbursement. He takes up the business from a money-making standpoint; and if, in middle age, after years of failure, he awakes at last to the sad truth, one can hardly blame him for continuing in his profession. Probably he has others dependent on him for support. If he fails to earn food by killing some one else, his own children will die from want of it. It is a hard question. We who see so clearly the dire results of this wholesale poisoning, this legalized murder, can yet understand how a weak, fearful nature necessarily yields to the pressure of circumstances in such a crisis. He is the creature of chance—only one in a thousand has the strength and the manliness to be true to his convictions.*

* The following is quoted from Dr. Frank, an eminent author and practitioner:



FIG. 147. (*The Medical Juggernaut Car*). The ignorant sacrificing themselves to the drug delusion. Loaded down with quack stuff, justly pulled ahead by the drug quacks; and the public in their blind faith (nurtured by centuries of dishonest misrepresentations of the drug advocates) throw themselves down to be mutilated, maimed and annihilated. It is the ignorant that are crushed; the simpletons, the thoughtless; they have our sincerest sympathy.

"Thousands are annually *slaughtered* in the quiet sick room. Governments should at once either banish medical men, and proscribe their *blundering art*, or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this *dangerous profession* and the *murders* committed in it, than after the lowest trades."

But no matter how many millions of human lives are annually crushed under the chariot that carries the goddess 'Medicine,' and is lustily pushed along by hundreds of thousands of the drug profession, they have scarcely a choice but that of continuing in their course. (FIG. 147).

We can hardly blame the drug practitioners for their perseverance; but we trust they will pardon us for doing all in our power to open the eyes of the public to the fact that the drug profession is not only the main hindrance to a better state of public health, but forms a cancerous growth that has to be cut out from society root and branch.

Dr. J. Armstrong writes:

"The doctors who insist on treating the sick and injured, by bleeding their bodies and pockets—by unnecessary surgical operations and poisonous drugs, and by periodically frightening them out of their senses about contagious disease, and compelling them to submit to vaccination, and the injection of various kinds of rotting poisonous matter into their veins, on the theory that the way to prevent disease is to manufacture and spread more disease; all this class of doctors treating the sick and teaching others to treat them in the same manner, have got to go. All that class of doctors who are encouraging sexual immorality and the shirking of maternity, by aiding the prevention of offspring with mechanical and medicinal appliances, and by performing surgical operations to unsex women, making them the Devil's breeders of sensuality, vice and crime, to blast the holy calling and expression of motherhood, and make it the laughing stock of the fiends of hellish dissipation, rot, riot and misery—all that class have got to go. The doctors that prescribe poisonous medicine, and cut, who hide poisoning and cutting behind Latin and Greek to screen the danger of the experiment they make upon the life of the patient, have got to go."

And again:

"URGENT APPEAL FOR HELP.

This appeal for help comes to you from the wretched invalids crowded into our hospitals, deprived of health by poisonous and blundering medical treatment; it comes to you from behind the iron bars of the insane asylums all over our land, where caged within those gloomy walls

with Reason dethroned, are thousands more of the victims of a mistaken, barbarous, unscientific and unreasonable medical practice. Will you heed these calls and fully investigate for yourselves, in this progressive age, these vital questions, or will you be whipped into line as thousands of your predecessors have been, and come under tyrannical rule of monopoly schools of medicine, that have smuggled medical laws through our legislatures that would have disgraced the dark ages?"

Let us hear in extract the terrible but truthful indictment of ALEXANDER M. ROSS, M.D., F.R.S.L., ENG., who is a

Member of the Colleges of Physicians and Surgeons of Quebec and Ontario, Professor of Hygiene and Sanitation at St. Louis Hygienic College of Physicians and Surgeons, Vice-President of the Association of Hygienists of America, Member of the Ninth Session of the International Medical Congress, Member of the British, French and American Association for the Advancement of Science, etc., etc.

"I arraign the leaders of the profession on the following grave charges,—the rank and file are but sheep led astray:

1. I charge that, whereas the first duty of a physician is to instruct the people in the laws of health, and thus prevent disease, the tendency has ever been towards a conspiracy of mystery, humbug and silence.

2. I charge that the general tendency of the profession is to depreciate the importance of personal and municipal cleanliness and to inculcate a reliance on drug medicines, vaccination and other unscientific expedients.

3. I charge that they have encouraged superstition and humbug by the germ theory of disease. I do not question the existence of infinitesimal micro-organisms; but they are the result, not the cause of disease. They are scavengers; their legitimate work is to clean out the sewers of our bodies; wherever there is decay, pus or decomposing matter, there these little life savers are doing their work of neutralization, sanitation and purification; they feast upon effete and decaying animal matter—they are beneficial helpers to an important end.

4. I charge that the prevalent custom of advising a speculum examination for every trifling backache, earache, headache, ingrowing toenail or bunion, is an unnecessary outrage on the modesty of woman and a disgrace to the profession.

5. I charge that the present abominable and dangerous custom of *spaying* women for the most trivial uterine derangements is nothing less than criminal, and in contravention of scientific practice.

6. I charge that the prevalent custom of ascribing all ills (imaginary or real) that afflict women, to uterine troubles, weakness, ulceration or displacement, is false in theory and fact, and is nothing but a cloak to cover ignorance, immorality, or cupidity.

7. I charge that they prescribe to their patients—even child-bearing and nursing woman—the use of beer, ale and other alcoholic beverages, which not only encourage drunkenness, but poison the life-blood of unborn children, and stamp a permanent appetite for liquor on the rising generation.

8. I charge that they have bitterly opposed every real and scientific reform in the healing art; they have filled the world with incurable invalids, etc."

Let us cite a few more quotations regarding the Fallacies and Delusions of the Medical Profession.

("Truth wears no mask, bows at no human shrine, she seeks neither place nor applause: She only asks a hearing.")

"The spirit of progress in the arts, sciences, and industries of the world during the past fifty years has wrought no marked change in the healing art. It is to-day, what it always has been, a colossal system of deception, in obedience to which mines have been emptied of their canker-ing minerals, the intestines of animals taxed for their filth, the poison bags of reptiles drained of their venom, the blood of black cats and white puppy dogs extracted by vivisection, and all these and many other abominations have been thrust down the throats of credulous and long suffering human beings, who, from some fault of diet, organization or vital stimulation, have invited disease." AL. M. ROSS, M.D.

"*Less than one hundred and fifty years ago* the following disgusting objects were in daily use and formed the most prominent remedies (?) of the medical profession of that period: earth worms, hogs' lice, snakes, toads, skins of hens' gizzards, vipers' flesh, man's hair, dried human flesh, the heart of a mole, crabs' eyes, hogs' excrements, etc.. See 'Praxis Medica,' London, 1740, by Dr. Sydenham (called the English Hippocrates), pp. 152, 3, 4, 5 and 6."

"From another standard medical work, 'Collectaneæ Medica,' London, 1725, page 26, we find the following remedies: For Quinsy: powder of burnt owls, two drachms; burnt swallows, one drachm; cat's brains, two drachms; dried and powdered blood of white puppy dogs, two drachms. For Colic: Wolf's guts dried and powdered, two drachms; old man's urine, three drachms; sheep's excrements, two drachms;—a sovereign remedy."

"Less than seventy-five years ago witchcraft, charms, incantations, and the spittle or touch of a reigning king were believed to be efficacious in the prevention and cure of disease.

Less than thirty-five years ago millions of human beings up to that time had gone to untimely graves, begging piteously for a cup of water to cool their parched lips, while the burning fire of fever was consuming their lives. Doctors in those days said : ' Cold water is death ; do not give a drop. Give the patient a dose of calomel and a spoonful of warm water.' Not only were fever patients denied cold water—nature's remedy—but light and pure air were also denied them ; and they were drugged with calomel, physicked with jalap, depleted of their life-blood by the lancet, and starved until they gave up the ghost—a tribute to this medical delusion."

"Less than twenty-five years ago thousands upon thousands of human beings had up to that time been hurried into untimely graves by the lancet. Old and young alike were subjected to the fallacy of blood letting for the most trivial ailments ; thus whole generations were swept into untimely graves by this bloody delusion, which, happily for the present generation, has been discarded."

"Less than twenty years ago calomel was in constant use as a sovereign remedy for every ill that human flesh is heir to. This destructive delusion was not discarded until it had filled the world with hopeless, boneless and toothless wrecks. Hundreds of the wretched victims of this fallacy still live to curse this destructive delusion of the physicians of that day."

"To modify and perpetuate their fallacies to better suit their present purposes, they have substituted the most deadly poisons, such as arsenic, strychnia, chloral, morphia and scores of other poisons and destructive drugs, that lay the foundation of innumerable ills to the human family."

"One of the very latest Medical Delusions is the "germ theory," which proposes to prevent and avert the progress of corruption by inoculating with corruption those who are healthy and clean. Smallpox is no longer to monopolize vaccination, but must share it with measles, scarlatina, diphtheria, hypochondria, erysipelas, cholera, hydrophobia and delirium tremens."

"Verily the medical practice of to-day has no more foundation in science, philosophy, or common sense than it had *one hundred and fifty years ago*. It is based on conjecture and improved by sad blunders, often hidden by death. A drug which forms the favorite remedy for many forms of disease

at one period, will, in a short time, be discarded as useless, and speedily replaced by some other, and that in its turn will soon fall into oblivion as some new medicine comes into fashion."

"*The medical practice of the future will be preventive, hygienic and dietetic.* When the medical professions of to-day get through with their petty squabbles and jealousies, and their silly speculations, with the theoretical microbes of diphtheria, phthisis, cholera, etc., it is to be hoped they will turn their attention to the positive microbes of bad diet, bad ventilation, bad homes and bad habits which invite disease and shorten human life."

"*The Medical Reformers*, who have emancipated the people from many of the disgusting and murderous fallacies of the past, will, in spite of fine and prison, continue the crusade against the fallacies and delusions of the profession, until a more humane and natural method of treating the sick shall take the place of the present unnatural, unscientific and unreliable system of treatment. A better day is dawning, the people, under the enlightened teachings of medical reformers, are beginning to do a little thinking and acting for themselves."

OPINIONS AND ADMISSIONS OF EMINENT PHYSICIANS.

"*The Physician and Poet, Oliver Wendell Holmes, Boston*, declared, mankind had been drugged to death; and the world would be better off if the contents of every apothecary shop were emptied into the sea, though the consequences to the fishes would be lamentable."

Prof. C. Meigs, Jefferson Medical College, Philadelphia: "All our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality."

Dr. Cogswell, Boston: "The administration of powerful medicines is the most fruitful cause of derangement of the digestion."

Prof. E. R. Peaslee, M.D., New York Medical College: "Remedial agents act on the system in the same way as do the remote causes of disease."

Prof. Alonzo Clark, New York: "I fearlessly assert that in most cases our patients would be safer without a physician than with one."

Prof. Joseph M. Smith, M.D., New York College of Physicians and Surgeons: "What do persons who call themselves reasonable do in the midst of a hundred doctors with a hundred different medicines, each affirming that his own is good and that all the rest are bad? Do they reject them all? No, they swallow them all."

Dr. Thomas L. Nichols: "If medicine were only as wise as surgery! When a man has a broken bone, the surgeon is content to put it in place,

prescribe rest and moderate diet, and leave nature to mend it. But when it is the liver or lungs that are disordered, the doctor bleeds, blisters, gives alteratives, cathartics, opiates, and does more mischief in a week than nature can remedy in a year. I confess I have no patience with the folly of patients or the ignorance, to call it no worse, of physicians."

Dr. Adam Smith, the Economist, England: "The popular medical system has neither philosophy nor common sense to commend it to confidence."

Dr. Andrew Combe, Edinburgh: "As often practiced by men of undoubted respectability, medicine is made so much a mystery, and is so nearly allied to, if not identical with quackery, that it would puzzle many a rational looker-on to tell which is the one and which is the other."

Dr. Hartman, Vienna: "Taking the general run of practitioners, we can convince ourselves that the most of them evince nothing but the rudest empiricism."

Dr. Reid, Scotland: "More infantile subjects are diurnally destroyed by the mortar and pestle than in the ancient Bethlehem fell victims to the Herodian massacre,"

Sir Benj. Brodie, Bart., M.D., F. R. C. S.: "If the arts of medicine and surgery had never been invented, by far the greater number of those who suffer from bodily illness would have recovered."

Dr. Benj. Rush: "We have done but little more than multiply diseases and increase their fatality."

Dr. James Johnson, M.D., F. R. S., Editor of the Medical Chirurgical Review: "I declare as my conscientious opinion, founded on long experience and reflection, that if there were not a single physician, man midwife, apothecary, druggist nor drug on the face of the earth, there would be less sickness and less mortality than now prevails."

In conclusion, we will say: We have from our standpoint shown the cause of Disease—foreign deposits; we have shown the only natural manner of cure—eliminating the foreign substance. We have shown that according to the drug schools there are thousands of widely differing diseases, all springing from diverse causes and requiring differing modes of treatment, which, as we hold, terminate in failure almost without exception. We have shown also our ability to cure numberless cases pronounced incurable by the medical profession; we have shown that ignorance of fundamental truth underlies the entire medical system. We have shown that the drugging fraternity can poison people until they die, can amputate limbs and bury their victims piece-meal, or dissect them—can boil the flesh from their bones, and mount their skeletons; can preserve pathological monstrosities

and specimens which are chiefly of their own making; but we are unable yet to discover their ability to guard a single person against a latent disease—to restore a single person to permanent normal health—to effect one lasting and absolute cure. We have proved that we can effect such cures, not by the surgeon's knife or deadly drugs, but by plain Water—and a return to Nature and her laws. That the picture we have delineated of the inability of the drug profession to cure and the harm wrought by their treatment is not overdrawn, you can verify for yourselves by the study of medical books; by going to dispensaries, hospitals and asylums; and by inquiring from those who have received the questionable blessings of the drug treatment for a dozen years or more. We leave our case in your hands, hoping that as your own health and that of the world is dear to you—a careful scrutiny of our honest exposé of the drug schools as compared with our Natural system will be accorded us, and we are content to await the issue. Any one who is convinced of the correctness of our representation and has feeling for his fellow-beings, is hereby exhorted to use his influence to the utmost extent of his ability in aiding us in the attempt to rescue humanity from the fallacious and fatal system of drug-poisoning and surgical mutilations!

PRESERVATION OF HEALTH.

PART V.

CHAPTER 32.



IT is a far simpler matter to lose Health than it is to regain it; we lose it by allowing our appetites, perverted by years of misuse, to dictate to us what we shall eat and drink; and we often make this loss irreparable by taking drugs, and by following the false advice of the drug profession. We *can* be cured by natural methods, if we do not delay too long in adopting them; but, rather than waste years of our life in perverting Nature, would it not be better to seek from the very beginning to preserve for ourselves the wonderful, God-bestowed gift of Health,—perfect, natural Health?

See to it that only proper food enters our bodies—then let us be equally careful that the depurating organs allow all effete matter to be promptly and effectively removed. In this way our blood will be kept pure, and the life which it carries to every part of our systems will also be pure, and our general health normal and perfect. In reference to man's proper food Dr. Hall says:—"Fruit and berries are healthy every day of the year whether a man is sick or well. Food should never be taken in the form of mineral pills, powders and tinctures, which corrode the teeth, and must be still more ruinous to the soft tissues of the intestines and stomach." Now to particularize this important proper food: Many naturists such as Th. Hahn and L. Kuhne insist on vegetable diet exclusively. Rev. S. Kneipp is not so strict; but, in general, holds that a diet derived from plants is best for sick people.

We hold that *if a vegetable diet is best adapted to fan a weak vitality back to life, it ought to be the best to keep our constitution in perfect condition*

lastingly. The writer first recognized the harm of the bloody, cruel and disgusting meat diet, and dropped it. Then it occurred to him that milk was an artificial product, and it was crossed from his bill of fare. Then his experiments on alcoholic drinks, as well as coffee, tea, and spices, demonstrating their harmfulness; they were also renounced. Presently, thinking of the fact that the cooking process coagulates the albumen in food, he restricted his diet to raw, grated turnips; cabbage, cut small; Graham bread or meal, fruits and nuts—all taken raw, and at the external temperature, with water as the only beverage. Thus, no time is wasted in preparation, no fuel required, and a person can live on 50 cents a week. No one need starve or beg, if he would live in this way. If this constitutes man's ideal and natural diet, it must sustain him best, and any deviation is against nature's laws.* Nature makes us suffer in proportion to the extent that we sin against her.

Besides carbonaceous and nitrogenous foods, our bodies require certain salts. But in saying this, we do *not* refer to the use of *table salt*; only to the salts of various composition, found principally in vegetables. Cooks are in the habit of throwing away the first water in which vegetables are boiled. But with this, they remove the best parts,—the vegetable salts. Vegetables—if cooked at all—should be steamed, or cooked in very little water and *prepared with it*. If the writer had his way, the “chef” would vanish together with the drug school, and we would have others live as we do: eat all vegetables—cabbage, turnips, cauliflower etc.—raw, and unspoiled by spices and condiments. Children, brought up in this way, would have excellent teeth, and would be able to continue and relish such diet during their life-time.

“But,” you say, “These articles are not palatable to me; my stomach rebels against them.” Give your stomach a chance to recover its natural tone, and then see if the articles it now rejects are not more enjoyable and nourishing than the highly seasoned viands, the drugs, and the stimulants that its perverted taste at present craves.

Let me instance a case demonstrating the remarkable change of which a persons taste is capable. Some years ago, the writer saw some people eating cucumbers with salt and bread. This sight almost made him sick, thinking it to be such a barbarous custom. To-day, he not only eats the cucumbers raw, but relishes their flavor, even *without* salt. Formerly, cucumbers, eaten as a salad, would disagree with him; to-day he readily

*On account of his imperfect teeth, injured before he found out how to care for them, the author sometimes takes his food cooked, but always cold. Regarding Man's Natural Diet, we intend to issue a cook-book that shall satisfy every one, even the most fastidious.

digests them in their natural condition. He no longer eats, what perverted palates crave, but what his intellect deems beneficial and wholesome for the system. His stomach has to be contented with what is given it, what he thinks fit. Under his diet, he always feels as buoyant as a bird, and he prefers this sensation to the momentary pampering of a perverted taste, with subsequent enduring discomfort. What is the use of working all one's life for no other purpose than to satisfy the demands of a diseased stomach? Man should be the master of his stomach, and should aim higher than to be a slave to his perverted taste.

By eating proper food we preserve our teeth, and good teeth are essential to good digestion; for, a thorough mastication is half of the digestive process. We should be careful not to alternate extremes of heat and cold in eating, as this rapid change cracks the enamel of the teeth; they remain in good condition only so long as this outer layer is intact. For the same reason, we must avoid cracking nuts, or any object too hard for the teeth. If a tooth is defective, it should be filled at once. If a tooth is missing, it should be replaced, or the tooth just above or below it, will decay for want of exercise. It is also well to chew on both sides equally, in order to give all the teeth their proper share of exercise. The teeth are nourished from the blood, as are all the other organs. If we want strong teeth we must eat food which contains lime; and for this purpose, *bread made of whole wheat* is excellent. Solid food, by offering resistance to the teeth, causes a pressure which you can feel even in the jaws. By this reaction, blood is drawn to the roots of the teeth, and they are thus properly nourished, and will resist decay.

We should habituate ourselves and our children to taking small mouthfuls of food, and to chewing it carefully. Digestion consists, to a great extent, in the action of the saliva on the food. The saliva comes from the glands under the jaws. It is secreted slowly, and if we eat too fast and swallow the food half insalivated, only that half will be digested, and the rest will exhaust our vital power in the effort of getting rid of it. *A person who cannot help eating fast, must suffer the consequences.* We should not live on cake or white bread, but on Graham bread.

Our bodies require a definite amount of food,—no more and no less; and, in health, the time for a new supply is indicated by the sensation of hunger. Hence, eat when hungry, and eat moderately, of only one dish at a meal. More people die from surfeit than from starvation. It is best to eat little at a time, and frequent y.

Because some great medical phenomenon has given as his opinion, that it is conducive to a good digestion to have a pleasant chat at table,

most of his fellow scholars ape him. But, whatever is recommended by the drug schools, you will do well to avoid until you have first considered whether it is common sense or nonsense. A conversation, be it ever so trivial, cannot be carried on without some action of the mind. Mind action demands blood supply in the brains. But during mastication, the blood is required in the salivary glands and in the stomach, because the various juices are secreted from the blood. This perverse habit of talking at the table, also leads to fast eating and an improper insalivation; children often choke from it. *The blood can work in two places at the same time, as little as we can do two things at the same time.* For the same reason that it is injurious to take a cold bath or violent exercise on a full stomach,—because the latter is thus deprived of its due supply of blood,—it is also injurious to converse much during meals. Besides, the usual dishes being made too slippery, require all our attention to insure a fair degree of insalivation. We should not read while eating. Nuts are nourishing, but must be chewed very thoroughly. The simpler and more natural food is, the better. *The very cheapest is usually the most wholesome.*

Equal care must be exercised in respect to what we drink—it would be difficult to enumerate the things we must avoid, for, thanks to the drugging fraternity, their “name is legion;” but it is easy to say and to prove that the best drink—water—is the simplest—and the purer the better. Distilled water is the best of all. We need water, and a great deal of it, just as a steam engine requires it, to transform the heat into power. Now, if the water used for a steam boiler is hard—contains a preponderance of mineral ingredients—it deposits a crust and leads to many accidents. Just so, if the water we drink contains mineral substances, they will settle in the body, obstruct the fine blood-vessels and nerve currents, and lead to innumerable forms of disease. In spite of this, for some incomprehensible reason, or rather on account of their utter want of reason, the drug people send their patients to springs with the mistaken idea of improving their health; in reality, however, their systems are still more clogged with mineral impurities. *Fruit and vegetables contain water in its purest state,* and we receive a great deal of liquid in this way. Our bodies need a definite amount of fluid, which amount, however, varies with the kind of food taken, the excretions, and the external temperature. If we abstain from flesh diet, spices, and other unnatural things, and only use sufficient liquids to quench our thirst, our bodies will get along with a small amount of fluids in addition to what is supplied in the food. The need of liquid is promptly indicated by the sensation of thirst. Forgetting the real purpose of drinking, people drink far beyond the needs of

the system; they do this either induced by heating articles (spices, etc.) which the body has to wash out again; or for company's sake, or for bravado; many make regular beer and whiskey barrels of themselves.

It has been asserted, times without number, that plain water is the best of all drinks; and yet, though this fact is universally acknowledged in theory, it is seldom carried out in practice. Aside from the harm done to the depurating organs by forcing them to waste their energy with overwork, great harm arises from the use of adulterated articles in modern beverages,—such as coffee, tea, alcohol, etc. Animals never drink anything but plain water, and are not troubled with gout and dropsy, and never are stricken down with apoplexy. Dr. Hall says “as men have lived in perfect health without alcohol, the use of alcohol can not add to that health, for a man can never be better than well.”

After the water works of our system have been weakened, they fail to eliminate the liquid as fast as it is taken, and it remains in the system, causing symptoms of swelling and dropsy. Sipping water slowly, allays thirst better than the rapid absorption of large quantities. Especially should dropsical and diabetic patients refrain as much as possible from drinking, thus resting their depurating organs. For them, merely rinsing the mouth with plain water, will often suffice. Before people had drinking vessels they had to lap the water from their hands. A sparrow takes only a little billful at a time, and then looks and hops about before taking a second one. A cat dips only the end of her tongue into the liquid. Water should really be taken as slowly as solid food, because it also requires insalivation. As liquid remains in the stomach only half an hour, we should drink half an hour before meal times. Then, by the time we take the dry food, the stomach juices are secreted and concentrated again, and can easily digest the food, provided we do not drink with it or for two hours after eating.

To drink *iced water*, or take fruit ices with meals is a pernicious innovation, and leads to dyspepsia, because they delay the process of digestion by their low temperature, and spoil it by their excess of liquid. Drinking *warm water* weakens the digestive apparatus by making it anæmic. Its power of digestion is about equal to the amount of blood it contains. *The drug fraternity by recommending the use of hot water as a drink for curative purposes, are advising in direct contradiction to nature.* But this is nothing unusual. All their injunctions are on the same order.

All wild animals drink from the brooks without any fear of *microbes*. *These little organisms, the nightmare of our medical profession, are rendered quite harmless by a sound constitution. These precautions of the drug schools*

may be all right—for people hopelessly sick. But we do not wish to keep people sick always.—We wish to make and keep them well. Therefore, instead of telling them how to protect feeble health by filters, or vaccination, or hypodermic injections with tuberculine, etc., we prefer persuading them to cleanse out their systems. Our plan is the safest in every way, because filters spoil; and our plan is also the more comprehensive as it *protects against any contagion*, any disease, and leads to the enjoyment of vigorous health. Thinking that microbes aid in digestion by inducing fermentation, *we, personally, take every precaution not to destroy any that may be contained in the food*; and the writer is confident he enjoys better health than any drug physician of his age in the City of New York.

Cows, horses, chickens, etc., have frequent passages. Our licensed quacks being quite blind to such natural phenomena *give as their dictum that one passage a day is all that is required for health.* The writer claims that if people live naturally, or as much so as is possible under our so-called 'civilized' conditions, that is, if they will eat man's natural food, which consists of fruit, vegetables, grain, etc., in their natural state, unspoiled by cooking and condiments—will quench thirst with plain, cool water only, and will provide for a sufficient amount of exercise, pure air and daylight for the skin, *the desire for evacuations will be as prompt as for food, and will appear about three times a day.* Under such a mode of living a *high abdomen cannot develop*, as it is a sign of disease. If three meals are taken in the day, common sense would teach that there should be three spontaneous passages. Charge and discharge of nutriment should alternate. Suppose a person takes his meals morning, noon and night, and the motion takes place only in the morning. In this case, what is ejected at one such occasion comprises the remnants of all three meals taken at intervals of six hours,—the third being taken twelve hours after the first. In this way, the remnants of the first meal remain fully twelve hours longer in the system than those of the last meal, and, hence, either the residue of the first meal remains too long, or the residue of the last meal passes out too quickly. Both conditions must be harmful. The intervals between evacuations ought to be as regular as the meals.*

*The number of 'regulars,' or drug-peddlers in the United States is estimated to 70,000. At this rate there are about a million of them in the so-called civilized countries. These people, together with their countless predecessors, have been doctoring mankind for upwards of 3000 years, and in all this while they have not yet found out how many passages a normal person should have. Can more flagrant ignorance be imagined? No wonder that people so devoid of intellect, instead of correcting abnormal symptoms by natural means, make all sorts of ineffectual attempts to attain that end, *e. g.* by making people well by poisoning them; indeed! What a disgrace that the public of the Nineteenth century should endure such imposition!

The utter absurdity of the drug people is also shown by their lack of national methods; all modes of cure that appeal to reason, have been invented by non-professionals. The regulars try to steal these methods, but have not even brains enough to apply them properly. See p. 482. Yet, they call their rivals 'quacks.'

The only way in which Water Cure can be used in an absolutely scientific manner, and so as to attain its results with mathematical precision—will be demonstrated in our next volume on the Principles of Cure.

And the writer holds that squatting is the original and natural position of the body during such action. Some cases of costiveness are found so obstinate, (they have become so by years of calomel-taking) that we have to resort to every available natural means to produce the desired result. In such desperate cases we recommend standing on the seat. *Our water closets should be built differently.* There should be a rest for the feet, about two thirds the height of the seat above the floor, and so arranged that, after a person sits down, he will be able to draw his feet up. The passages would then be found easier and more satisfactory.

Infants should lie alternately on either side, and at the age of one or two months, they should be held up to evacuate; they will soon comprehend it. This habit would keep them much cleaner and healthier.

There is no lack of places—restaurants and hotels—where a person can appease his hunger and thirst; but the opportunity for evacuations are utterly inadequate. This is a lamentable drawback to the maintenance of public health. Here, a great opportunity is open to our health officers to promote the welfare of the community by providing an ample supply of lavatories.

In a previous part of this work we have shown that every action of mind or body entails a physical change. Every muscular movement, every perception or thought involves a chemical change in some part of the body. This change constitutes *life*. Life is normal or healthy if this change takes place with a certain *rapidity*. Every normal action, such as seeing, hearing, walking, etc., is accompanied by pleasurable sensations. Hence, *in order to feel well we must exercise all our organs within certain bounds.* By exercise, the blood is drawn to the stimulated organ, and an exchange of molecules takes place, the old ones being replaced by new. In order to produce the best results, all our organs should be evenly exercised both mental and physical. The lion, the ox, and the elephant have prodigious strength, and yet they take no vigorous exercise. Mild exercise is the best. In choosing a vocation, the natural bent of mind should be observed. Congenial work is not burdensome, but pleasurable. If a man's continuous occupation be mental, recreation should be sought in physical exercise. Or if a man's calling require the exercise of his legs, as with a letter-carrier, he should find recreation in the exercise of the muscles of the upper part of the body.

Physical exercise produces rapid breathing; therefore, it should be taken out of doors, so as to get the purest air into the body, not in dusty, close gymnasia. Both walking and horse-back riding are fine exercises. For indoors, simply moving the limbs and exercising all the various joints to

the same extent, is sufficient recreation. Clothes should not hamper the free play of all our muscles. While practicing gymnastics, make all motions slowly, and when you feel that you have come to a point where more would be injurious, you should stop at once; whereas, if the motion is rapid, an injury may be done before you can prevent it.

All changes in our body are brought about by the blood. It is contained in every organ, but not to the same extent. While we think, an extra supply of blood rises to the brain; if we masticate, more blood goes to the various glands and to the stomach; if we exercise, the muscles become hot from the larger supply of blood; and if we take a short cold bath, it will be followed by a rush of blood to the skin to rewarm it. Now, if we call two organs into activity at the same time, for instance, the brain and the stomach, by studying immediately after meals; or the stomach and skin, by bathing directly after a meal, the blood is at a loss as to where to go, and none of the functions will be performed properly. For the same reason, there should be no reading in the lavatory, no reading or conversation during meals, and no water applications during the monthlies.

The food we take, is changed into living substance only by absorbing air. *The purer the air around us from which we draw our supply, the better.* The gaseous impurities cannot be entirely removed from our bodies, if they find impurities without. If breathing consists only in exchanging the impurities within for those without, it ceases to be a cleansing process at all. Keep your rooms well ventilated day and night. The best way of dressing is, to use no underclothes; the next best is, to wear the thinnest underclothing you can obtain, in order to allow a free exchange between the air within and without. The kind of material is *not* important. *If the air around us is impure, our breathing becomes shallow, little oxygen is absorbed, and little heat is developed. This is the reason why people feel cold. By breathing pure air, a lively process of combustion is kept up in the tissues, and then a small amount of clothing makes us feel comfortably warm.* The skin should be stimulated by a cold towel bath now and then. Always breathe through the nose. It serves as a natural filter and warmer of the air. Mouth-respiration indicates lung trouble. *Pure air produces pure blood; pure blood builds up sound organs, and sound organs mean perfect health.* Breathing pure air makes people physically stronger, clearer of intellect, and more ready for labor. Hence it leads to increased income and contentment. The average man requires three thousand cubic feet of air every hour to maintain perfect health.

The less difference there is between the *temperature of our rooms* and that of the outer air, the less opportunity there is for deposits to form in

the system. *Houses and clothes are unnatural.* Man would be better off, if he could discard both. People whose occupation keeps them out of doors, are always the most healthy. To economize fuel, many people keep their windows closed and breathe foul air. Furthermore, the artificial heat of stoves takes *the labor of producing heat* away from our skin. Now our organs were intended to accomplish a certain amount of work. This action keeps them in health. Thus, our muscles were created for work, and must be exercised. The cooler the external air is, the more the skin is compelled to work to keep the body warm and to feel comfortable. The cold air draws the blood to the skin. From these considerations we perceive that stoves are injurious.

Wild beasts are surrounded by an ocean of pure air and light, and it should be the same with man. *To have to point out the necessity for air and light baths is almost ridiculous, and plainly shows the extent to which we have deviated from Nature.*

Kneipp says: "Light is indispensable to health, and when it is lacking, the whole body suffers. A proof of the life-giving property in light may be seen in plants. Those in the shade are weak, sickly and colorless, while those in bright light are strong and vigorous." The eyes of farmers and foresters, who live a good deal in the full daylight, are the best. "The influence exerted by the direct action of the sun on the human body is absolutely necessary to health. This is a fact not open to argument. Man cannot thrive without the sun, any more than can vegetables and flowers. *The sun may fade your curtains and your carpets, but the want of it will fade your children and yourself.*" Sunlight is the best germicide, but as it also kills the cells of your body when very intense, you should avoid the glaring sun. We all know that *sunstroke* and death are frequently produced by undue exposure to the heat and light of the sun. *This injurious effect, however, is very slight upon a person who is free from foreign encumbrances.* After walking on the sea shore for a short time, you may have noticed that blisters are raised on the exposed parts of the body; in some parts the epidermis peels off, and the skin remains red for weeks after, showing *the tremendous power of the direct sunlight.* The most powerful warm or cold water application, not even vapor baths, can produce such a result in *weeks*—only actual scalding can do it. The reddening of the skin indicates that the capillary circulation has been increased, and that the blood has been drawn to the surface. Another proof of the power of light is that acne, eczema, and lupus are most frequently found in those parts of the body which are exposed to the sunlight. It stimulates the skin which is exposed, to an effort toward the removal of

the effete matter in the blood. If we would expose the *entire* body, no *single* part of its surface would be disfigured; the whole system would be sound. Under the influence of light, the diverse organs are sufficiently aroused to throw off the foreign matter by way of the regular depurating organs for solids. As animals are exposed at all times to the light, females need not shun light baths during their menses.

Our clothes, if proper, do not rob us of fresh air entirely, but they always shut off the light; therefore we are worse off regarding light than regarding air, because man perversely continues to deny himself the blessings of heaven, which he sees all the animals about him enjoy. He should secure for himself the largest possible exposure. For that purpose, take light-baths in your room, or, while bathing, always wear the least possible amount of covering.

If any one attempted to promenade the streets of New York in a bathing costume, he would, no doubt, be arrested. And yet on the beach it is not considered at all indecent or out of the way. It is not then the intrinsic comfort or common sense of any particular costume that appeals to people. They are always shocked by anything unusual. When bicycles first appeared, or when women began to ride them wearing bloomers, the public was horrified. No matter how beneficial the universal adoption of any style of dress would be, nor how great a boon to the poor who could not go to the seaside, people are "shocked" at any unusual costume, and so the comfortable fashion is tabooed. But we think it would be well, if some one *would* shock these thoughtless, selfish people, and continue to shock them until their attention is aroused, and they are forced to *think* and consider the real points of advantage. Of course it might not be pleasant for the person who thus sacrificed himself to the performance of picket duty for advanced ideas; but reformers are always persecuted and ridiculed, for they are always in advance of the age; and the generation in which they live cannot understand them. Their reward, however, is in knowing that they are the advance guard in the march of progress, and the true and only benefactors of their time.

If people's blood were not so overheated by perverse food and drink, and by too warm clothing, they would be far less inclined to licentiousness, and they would not think evil of those who exposed a larger surface of their bodies to the light of day. Women of fashion prefer to exhibit their charms by electric light. This is far worse than for a peasant girl to expose her ankles, so that she may be less hampered in her work. It is clear that in order to inhale and imbibe air freely, we must dress as lightly as possible. It is probable that the earliest and the most healthy man

ran naked in the woods, allowing the blessed, pure air free excess to all parts of his body. Our clothing requires a great deal of reform. We should dress lightly, and distribute the clothes evenly over the various parts of the surface. *In summer we should dispense with underclothes altogether, and in winter use only the very thinnest.* Knee, stomach, and chest protectors should be discarded entirely. The thinnest cotton socks are warmer in winter than the heaviest woolen ones. Skirts and hosiery should be suspended from the shoulders. Shoes, when wide, will insure warm feet; and if the heels be low, the knees are less likely to become projecting. What a relief is afforded, when we take off our foot-gear and walk in the sand. Dress reform should be on the line of the costume worn by rowers, sports and athletes while practicing. As nothing objectionable is found in them at such times why should people be backward in using them for general street wear? Underwear and beds should be frequently aired, if possible in the sun. It is stated that Dorothy Drew, Mr. Gladstone's granddaughter, always goes barefoot indoors and out, except in very muddy or bitterly cold weather; that her dress and fare are of the simplest, and that consequently she is one of the happiest and healthiest of children. Give your children and yourselves, these two things, the cheapest of all Nature's offerings to us—air and light. Dress so that you can receive them; go where you can get them in the purest quality; and while you breathe the fresh pure air and bathe in the golden sunlight, thank God for his gifts and for giving you the common sense to receive and enjoy them.

Now, the fact that all our organs need *rest* is just as true as that they all need work; and this question of how to rest them is a serious one.

Rest is acquired and vitality recuperated principally during sleep; and the hours before midnight which we can give to "Nature's sweet restorer—sleep," are the most precious. Rise and retire with the sun. The old adage, 'early to bed and early to rise, etc.,' will always hold good. Sleep, obtained two hours before midnight, is universally admitted to possess the greatest restorative power. As we absorb more oxygen during the night than during the day, it is specially necessary to provide for the purest air during sleep. No light should be burning; utter quiet should prevail, and strong odors should be avoided. The bedding should be comfortably warm, but not too heavy. Keep the windows open from the top. Do not retire on a full stomach, nor immediately after great mental activity, physical exertion, or excitement. On waking up, do not linger in bed. To get thorough rest, *sleep alone.* *This habit would also abolish marital excesses to some extent. Never wake a person up.* Retire early

enough, and nature will wake you at the right time. Originally man must have spent a great deal of his time in trees, occupying the most varied positions. But now, the head is always the highest point, whether waking or sleeping. The consequence is, that a good deal of foreign matter settles in the legs, crowding the blood from the feet to the head, and thereby causing an overheated head and habitually cold feet. Some people sleep for years on one side. Foreign matter settles in that side, causing encumbrance of the organs there located, and bringing on some acute form of disease. Therefore, *it is better to sleep alternately on each side*, and, as our feet occupy the lowest position during the entire day, it would not be amiss to try to spend the night with the feet a little higher than the rest of the body. By these methods, the foreign matter in the system is constantly shaken up; as it has to pass the depurating organs with every change in position, it would have little chance of settling and causing disturbances in our health. The night-dress should consist of a single loose garment. No night-cap, necktie or stockings should be worn. If the feet are cold, dip them in cold water for a moment or two, before retiring. See, Fig. 53 p. 165.

A great deal has been written by physicians and others upon the sexual intercourse. Much of it is simply nonsense, and some of it is actually criminal in its suggestion. This act is one of the greatest mysteries of life; it is Nature's Sacrament, and should be performed only for the purpose of procreation. All sexual excitement or intercourse which springs from any other than this high and sincere motive, is sacrilege—is sin. It can result in evil only—mental and moral, as well as physical. In sexual intercourse, one generation gives up its very life to be reborn in the offspring. This being so, nothing so exhausts the vitality of the parent generation as such intercourse.

A return to natural conditions—that is the avoidance of alcoholic drinks, spices, and narcotics, combined with cool fresh air, sufficient physical exercise and wholesome mental employment—would place men and women once more in the relations destined for them by Nature. The tie between husband and wife would then be proper, pure and sacred, and the most meaningful of all the functions of the body would then be accorded the dignity and reverence that belongs to it. The moral and physical tone of the whole nation would rise in consequence, and coming generations would then be *well born*, in the truest sense of the word.

Where do we find health at the present day? Among the wild animals only. Partial health may be found among hardy physical laborers and the cheerful, abstemious country people. Man's original condition was the same

as that of wild animals to-day. If we would have immunity from sickness, we must study their habits. They represent Nature to us, for they live in closest contact with her. They must be our teachers. They show us our own nature as in a reflector. They show us that *we, too, might enjoy freedom from disease if we would live naturally as they do.*

Animals eat the whole day long. A buffalo is surrounded by his food, and a caterpillar lives upon the plants from which he obtains his nourishment. The chicken picks the whole day, and the swallow is on the wing after insects with little interruption. All herbivorous and frugivorous creatures eat slowly, and chew carefully, never drinking with their meals. They never eat because it is meal time; *hunger* is their dinner bell, and if not actually hungry they will not touch food. They do not weaken their digestion by warm food. Deer eat their food at the external temperature. Neither have they any variety of food, and yet they keep well and strong. They have grass and water to-day, and grass and water to-morrow, and so on through their entire lives, and yet they are in perfect health. Animals do not sit down to a table loaded with a variety of dishes collected from every zone. They eat of one kind at a time, and, therefore, never over-eat, and their stomachs require little or no rest. They have no soups or broths, and they are lucky in having no spices to tempt them to eat too much, or to eat at a time when their systems are not ready to receive a new supply.

Birds have never touched a grain of salt since they came into creation. The fish in fresh water never had an opportunity to pickle their bodies, and, strangest of all, sea animals — oysters, lobsters, fish, etc., — that develop in the brine from the minute egg until they attain many thousands and even millions of times their original weight, are utterly free from salt.

As animals do not have to squander their vitality in getting rid of overloads of injurious food, *they do not need stimulants and narcotics to brace their flagging nerves. Luckily they escape such 'tonics' as strychnine, etc., given by the drug people; and thus their nervous system is preserved, and saved from paralysis.* They do not contract fevers from a wrong diet.

Their parents live normally, and do not transfer a scrofulous body to their descendents. The female gives birth to her offspring easily, and is always able to give suck. The cow, who lives on grass only, supplies quantities of milk; while the human mother, who lives on meats and stimulants to give her strength, *by the advice of her learned quack doctor, finds herself unable to nurse.*

Spices, medicines, mineral waters, ice cream, pickles, vinegar, concentrated sugar, white bread and rolls, and animal milk and all its pro-

ducts, are destructive to vitality, as they exhaust it by imposing unnecessary labor on the system. Animals owe their health to their abstinence from such things. If let alone, they never have dyspepsia, for nature is the wise apportioner. Infants would also be free from this trouble, if treated as the young of animals are. Not having dyspepsia, hypochondriacs are not found in the animal world. As they eat only what is good, and live in the proper way, their bodies are free from encumbrance, and they can contract no disease, nor have any predisposition to sickness. Consequently, they need no hospitals, no operations, nor glass-eyes and artificial limbs or crutches. They never have falling of the womb, and need no supporters. *They are lucky enough to be able to dispense with the people who advise all the barbarous makeshifts which medical ignorance has devised, instead of going to the root of the matter, by returning to Nature's laws.*

Abortion is not taught to animals by unscrupulous people for whom language lacks an appropriate name. In fact, no one would know how to perform these operations, if they were not taught in the drug colleges. Wild beasts do not contract bronchitis, asthma, or consumption, from breathing hot and confined air. Why is it, that the Arabs, and other tent-dwellers are not the victims of paralysis, gout, rheumatism, and consumption?

The main reasons are that they live in the open air, and that their limbs are strengthened by exercise. Animals have no houses and clothes to deprive them of the light and air which are so indispensable to both lungs and skin. They are not surrounded by artificial heat. In winter, their lungs and skin are bathed day and night in the coldest air. They do not inhale air at a temperature of 70° or more one moment, and the next breathe it at perhaps less than 20° below zero. In artificial heat, the nerves weaken, and relinquish the effort to create warmth naturally. They are thus degenerated by lack of use. Wild beasts always live in an equable temperature. Migratory birds go south, and the rest are supplied by nature with a winter coat. Thanks to this—they are out in sunshine and rain—the hottest summer day and the coldest stormy night of winter. They never have "chills," for these are the result of an anæmic skin, caused by heavy clothes, hot rooms, etc.

They have no chance to weaken the action of their skins by hot baths. Their baths consist only of the rain and snow that falls on them, with perhaps an occasional, even involuntary swim across a stream.

Animals *have no compulsory laws for vaccination; for, having perfect health*, they are immune to contagion. Animals have no barbers who shear them of their natural and beautiful protection, to replace it by artificial

headgear; and consequently, even old animals are never bald-headed. By one reason or another, they are kept pretty active the whole day. Animals do not smoke, nor do they take snuff or chew. They have no electric lights, and possess no facilities for turning night into day. *They do not suffer from sleeplessness because of the use of tea and coffee, and so they need no sleeping potion nor drug prescription.* In a flock of geese, or herd of wild animals, such as cattle and horses, it is difficult to distinguish between the young and old. All are equally fleet, and high abdomens are not found among them. "*The idea of the decrepitude of old age*" is mostly the invention of the drug vendors to cover the result of their own misdoings. Among animals, the females are as active as the males at all times, pregnancy not excepted.

Wild animals never suffer from toothache, rheumatism, neuralgia, etc.; in fact they are *never* sick, because they have no M.D.'s with their drugs to take care of them. They brave all sorts of weather, without the use of wraps, rubbers, or mackintoshes.

A little observation among the wild animals is sufficient to show even the most prejudiced mind the great evils that result among us from our present artificial methods and customs.

This same observation should show us the ease with which we can keep our health; it does not consist so much in *doing* things, as in leaving undone, the thousand and one unnatural and harmful things to which we have become habituated. If we would only adopt a more reasonable diet, exercise our muscles in a mild way, provide for a sufficient supply of air and sunshine, and see that our bowels, kidneys and skin are kept in working order,—excellent health would of necessity follow. Looked at from this standpoint, it seems a simple matter to be well,—and it *is*,—as simple as eating and drinking. In fact, we have shown that upon these two things good health almost entirely depends.

Our drug prescribers, however, have hedged about the care of the body and the laws of health, a bewildering amount of wordy mystery; and try to persuade people that only through *their* skill and learning can the lease of life be held. In books on health, written by the drug faculty, we read: "Eat at regular hours, and not more than three times a day, in order to give your stomach time to rest. Meat gives strength; man needs salt; drinking warm water cleanses the stomach; one evacuation each day is sufficient; avoid colds;" and kindred nonsense. Regarding sexual intercourse, they are utterly at variance; the most temperate saying,—"Once a month." In this case, as with most of their reasoning—they argue from the present perverted state of health, mistaking it for the normal; failing to consider that meat diet, spices, alcoholic drinks, hot houses and clothes,

etc., etc., stimulate the passions beyond the normal. They are too superficial to enquire into the real purpose, for which nature intended this function to be performed.

If the drug people had taken the one hundredth part of the energies to prevent sickness, that they have bestowed on their vain attempts to cure it—if they spent anywhere near the same amount of perseverance in attempting to *preserve* health that they do to ruin it—mankind would hardly know the meaning of the term "Sickness."

Turning from the complex directions of the drug schools, let us see how we can avoid future ailment. In the first place we must know how sickness is contracted; in other words, in what manner the corrupt matter finds its way into our body; if we know this, we can avoid its cause, and remain in perfect health for the duration of our lives. Nature Cure has for its aim not only the cure of sick people, but more eminently the *prevention* of sickness altogether. If in course of time we succeed in educating people to a knowledge of the avoiding of sickness, we shall have created a condition suitable for the development of a physically and mentally hale and hearty race. In this particular, Water Cure again is far ahead of the drug profession, which, being ignorant of the nature of sickness, certainly cannot prevent it.

By the aid of our peculiar "Facial Diagnosis,"* we recognize the amount of foreign latent deposits, and, by removing them, can forestall blindness, deafness, apoplexy and all other forms of disease.

Kneipp and others who have written on the subject of Hygiene, advocate a process of "hardening." Kneipp especially lays great stress upon this point, and has advised a number of practices that are well adapted to that end; for instance—cold ablutions, walking in cold water up to the ankles or even higher, pouring water on the back and knees, sitting down in cold water up to the hips for a few seconds or even up to the neck, walking bare footed, etc. These practices are excellent for people in fair health; but if people are delicate, they have to use them with great caution, otherwise dangerous and even fatal reactions may set in.

To judge from his writings, it does not appear that Kneipp himself had a very clear idea as to the manner in which these hardening processes effect the hardening of a person, or wherein such hardening consists. The principle involved is very simple, however; namely, if hardening prevents people from taking cold, and if a person free of encumbrance is also exempt from colds, it is plain that hardening is a purifying process,

*"Facial Diagnosis" illustrated. Published by A. F. Reinhold, M. D., 60 Lexington Ave., N. Y. City. Price \$2.

that it purges the body from its effete matter, and in that way makes people well and keeps them so.

These various methods of hardening can also be employed to restore health. *We class them with the indirect measures* of cure, that is, with those that stimulate the peripheral nerves. The invigorated nerves react on the depurating organs, leading to the elimination of the foreign matter that has settled, or was about to do so.

In walking barefoot, for instance, every grain of sand that you step on is felt consciously or unconsciously in the brain. To this end all the nerves have to be aroused through the entire length of the body, from the toes to the top of the head. But there is also a backward current which sends the blood to the soles of the feet. These impulses and reactions last as long as the exercise itself. By them the entire system is stirred up. The rationale of the old adage, 'keep your feet warm and your head cool,' rests on a similar principle. If you pour some oil on water and light it the heat will not disturb the water; but if you place a source of heat *below* the water, the warm water at the bottom will rise, and the cold water on the top will descend. So with our blood—the warm blood from the feet will rise, and the cooler blood from the head will sink. In this way the thorough circulation of every molecule is secured, and no foreign deposits can form. (FIG. 148).

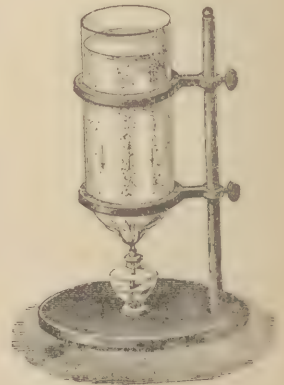
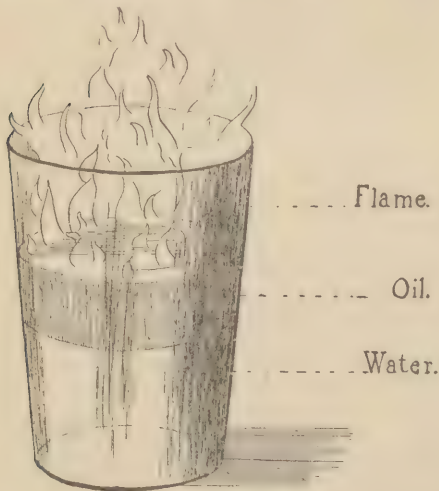


FIG. 148. *Circulation of the blood.*

If heat is applied on top, no circulation takes place.

Heat the vessel from below, and the liquid will circulate.

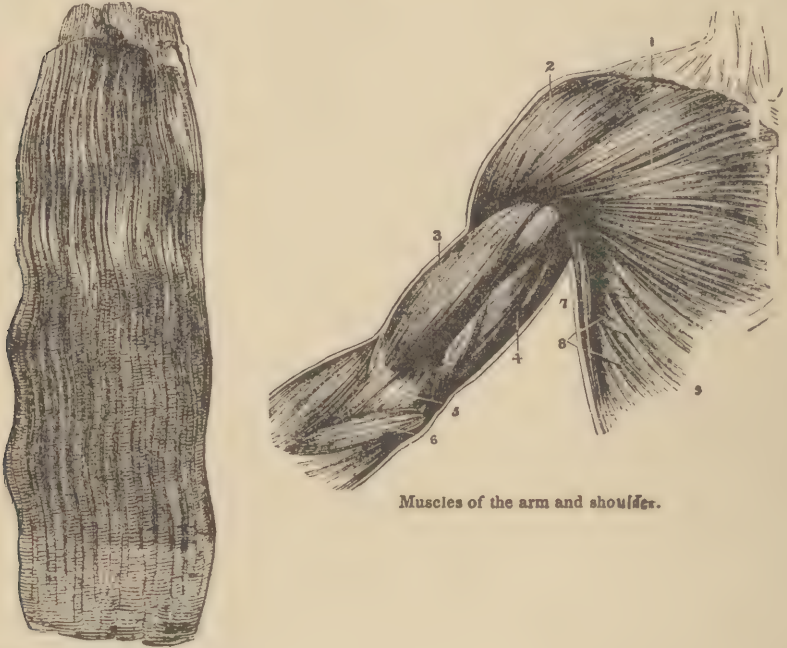
Thus with our blood; the feet must be warm and the head cool, to make the blood circulating. By this circulation, all deposits of foul matter are washed up and eliminated. But from cold feet, the severest disorders may originate.

"It is well to commence from the earliest moment, a system of 'hardening' with healthy children. The degree to which this is carried must depend on circumstances." "Air, food, light are necessary for the suckling as well as for the old man, and they form the territory for hardening." (Kneipp, Water Cure, p. 25.) Give your children, therefore, sunshine and fresh air. You could not give them anything which would cost you less, or which would be more beneficial to them. It will make them what country people call 'tough' and 'hardy.' "If you eat no meat and no spices, you will not become constipated. By living properly, the tissues of our body will remain sound; and no rupture, nor prolapse can befall us. If mothers would take care of their health, they would escape untold misery themselves, and would not transmit scrofula and consumption to their children. Is it not clear to you that man having lost his natural instincts, should strive with all his might to recover them? It is only by obedience to them that he can restore his health, and also preserve it. For that purpose, always follow your first impulses; *e. g.*: When hungry, eat; when thirsty, drink; when your depurating organs give notice, attend immediately to their call. Avoid what nauseates you; lie down when tired. Avert your gaze from revolting scenes; do not read in a dim light; avoid what causes pain, etc. The process of disease and cure entail a great deal of physical and mental suffering upon a person, and lead to abridgment of life. Hence it must remain the ideal aim of every healer to *prevent* any Loss of Health. With this end in view, we should economize our vital power. There should be no vigorous exertions, but only mild muscular exercise, sufficient to eliminate the effete matter. A cold daily sponge bath is greatly conducive to health. By keeping all abnormal substances out of the body, and by invigorating the vital force by means of air and light baths, the depurating organs can be kept in excellent working order, so that no deposits of effete corrupt matter can form; and as a flower blooms much longer when fructification is prevented, so restriction in a person's sexual indulgences should not be forgotten as one of the most powerful means in preserving vigorous health.

Regarding natural remedies, the rule holds: *What makes you well, keeps you well.* (That this cannot be said of drugs, shows them in their true light). *Study the causes, and you will be able to avoid the disease. Sickness is cured, and health preserved by the same processes and general regime—that is, by a reasonable way of living, and by allowing the depurating organs an opportunity to free themselves of waste products.* (FIG. 149).

Whatever a man undertakes, it behooves him not to attempt it, unless he has a clear understanding of the principles involved.—If, when sick, we

wish to get well, or, when in health, we wish to remain so, we must try to discover the *cause* of the sickness, and so learn how it may be cured or avoided. There is the greatest variety of views on these subjects. As a rule, the majority must decide. Truth is *one*, and flashes on us like lightning; it



Muscles of the arm and shoulder.

Striated muscular fibre. From Wagner.

FIG. 149. Muscles give strength; good blood forms them; natural diet makes good blood. Each muscular fibre is made up of cells. These cells are capable of altering their shape; when relaxed they are longer in the direction of the fibre; if stimulated by the will, they contract, becoming broader and shorter. Hence the strength of the muscle depends on the healthy condition of the cells, and the proper supply of the stimulus of the will. Tonics kill the nerves; it is absurd to suppose that they can give strength. Let any drug doctor explain the principle on which they are used; he cannot; but he can continue to poison people, and thus cause paralysis,—a condition in which the muscles do not contract at all.

cannot oppose itself. Drug Medication and Nature Cure are in direct opposition. They must be tested, and approved or condemned, according to their results. If you desire to remain well, do not put your trust in people to whose interest it is to see that you are sick. *Think for yourself. Nothing on earth is easier than preserving health.*

So far, regarding all questions of health and sickness, the public has heard only one side, and has learned to view it with the eyes of their informers—the drug advocates. This is entirely one-sided and unfair, and has been followed by the miserable, wretched condition of disease in which the people are. In the interest of our brethren, we have tried to show the almost unknown side. This is absolutely necessary, if you do not want mankind to be crushed by utter wreck and ruin.

Although we have endeavored to present our arguments in the most palpable manner, we do not flatter ourselves with the expectation of convincing every reader. There are always people whom no evidence does satisfy, no matter how many and irrefutable are the proofs advanced, to which they cannot raise one single objection; but still do not believe, and such people lay claim to rationality and acumen. These same people were well known to King Solomon, who says: If you put a fool into a mortar and crush him to the finest dust, yet his foolishness will not leave him.

DR. A. F. REINHOLD'S
INSTITUTE OF WATER CURE,
No. 60 LEXINGTON AVENUE,
NEW YORK CITY, U. S. A.

If you observe the wild animals, you will find that to be well is very simple—live properly.—And cure is just as simple—return to a natural mode of living. People who consider these means not potent enough, and take poisonous drugs, have to blame themselves for the sad consequences.

CONCLUSION.

PART VI.



IN writing the foregoing pages, the author's sole intention has been to point out the proper road, the only road to Health and happiness. Compared with the thousands of medical books written, presumably, for the same purpose, his volume is modest indeed. But, it is couched in plain, every day language, and the simplest mind can grasp its meaning. We have stated that there is one cause of Disease—foreign substances in the human body;—that this may show itself in many ways, *but*, that the cause may be removed, and the sickness *permanently* cured, *if* natural methods are resorted to, before drugs or the surgeon's knife have killed part of the living tissues. We have also told you as simply as we would tell a little child, what these foreign substances are which are inimical to health, what to eat, what to drink,—how, when and where to eat and drink, as well as how to dress your body and exercise your limbs. These directions, if followed, must lead to, and preserve health.

The author thinks he is sufficiently acquainted with medical literature to understand that no physician has ever read one tenth of it; and, furthermore, that all a person can learn from this vast array of literary material, is, how *sickness must not be treated*, and that *medical empiricism is a failure from beginning to end*. Yet, he appreciates the bee-like industry of the members of the drug schools in accumulating experience to advance their profession. The material gathered is so immense, that it may be owing to its overpowering mass of details, that the drug physicians have overlooked the simplicity and uniformity of nature's laws. Verily it seems, as if these people did not see the woods on account of the many trees. To this circumstance the fact may be attributed, that the practical

results of medical tactics bear no comparison with the huge efforts made for this purpose. We can but regret that, generally speaking, their endeavors terminate in deviations from nature, and we also regret the fearful waste of vital energy thus lost to the real advancement of the human race. (FIG. 150.)



FIG. 150. *Died from a pin-prick in Bellevue Hospital?* The drug people cannot cure even a pin-prick. Many people die from nose-bleed or hiccough, under the management of the drug fraternity. In their hands, every trifle terminates fatally. What they call 'Change of Life' is only an expression to cover their ignorance, in case this condition is connected with symptoms which their ignorance is incapable of overcoming.

The medical people have invented all sorts of expressions, such as 'Blood poisoning,' whereby they endeavor to throw the blame on this new condition in case the patient dies. But in reality, no one should die from blood poisoning; if any one does, it is because of the ignorance of the drug doctors, who do not know how to prevent or how to cure it.

We are sorry to have to waste our time in fighting this monster, called 'Medical Science.' The drug venders do not know what Health is, nor how it is preserved, lost, or restored. They cannot tell which persons are predisposed to acute attacks, and which are not. Naturists know the answers to these questions, and can check and cure acute attacks at any stage. Drug dispensers know a few Greek and Latin technical terms, which are absolutely useless in effecting a cure, and which a child of ten or twelve years can easily memorize. They parade these expressions at every fit or unfit opportunity, to their own gratification, and with the view of impressing their listeners with a sense of their marvelous learning.

Poisoning a person because he is sick, can only make his case more obstinate and incurable. The reason is apparent. Every one can see it. Who does not see it? He who does not wish to see it. He who derives a vast annuity from the protracted suffering of people: Our highly respected drug peddlers.

The public owe most of their physical suffering to the incompetency of our health advisers. They have failed to recognize the nature and cause of sickness. By their dietetic directions, people are induced to partake of wrong food, adverse to human nature; and the curses of the alcohol, morphine and other pernicious habits have been directly conferred upon civilized nations by the drug advocates. Then, after a person has ruined his health by meat diet, spices, alcohol and narcotics, sexual excesses, etc., the drug quack, by his experimental prescriptions, devoid of any fixed principle, lays the foundation for all those innumerable forms of disease, for which he has invented many hundreds of high-sounding names, but no cure.

There is but one way for mankind to be relieved from physical misery, *viz.*, to reform the science of healing thoroughly, and to prohibit by law all prescription of drugs and surgical mutilations. We do not doubt that a time will come when the idea of dispensing medicine will be looked upon as insanity by a majority of enlightened people. May that time come soon!

General enlightenment on the subject of hygiene, will be the grave of the drug profession.

Hundreds of Institutes for Water Cure are now scattered over Germany: one-third of them being under the management of Doctors of Medicine who, however, denounce Drugs as being responsible for all the chronic ailments, that yield readily to water. Within nine years, over 100 books on Water Cure have been published in Germany. Some have been translated into many foreign languages, and sold by the hundred

thousands. Water Cure is being introduced in many hospitals, and all liberal-minded physicians adopt it in their private practice.

About thirty years ago the Water Cure movement waned, not because it had been weighed and found wanting, but because not every physician could start an institute. Then again, it is much easier to write out a prescription which takes but a minute, instead of giving a treatment, that may require from one to three hours ; and last, but not least, under water treatment people are cured too quickly and lastingly, and they are taught how to avoid future relapses, so that by a general adoption of this method the physicians would cut their own throats.

These considerations not only explain why the water treatment was allowed to sink into oblivion, it also explains why its revival is due to non-medical men, such as Rev. Seb. Kneipp and L. Kuhne. Even to-day the drug people selfishly try to suppress this method of cure by sneering at it and calling it a humbug.

All the hydrotherapists of this century have made it their study to devise milder and milder processes, until to-day it is regular child's play, and a veritable treat for every one.

The Water Cure also obviates operations, and many a life is saved by it that otherwise would have fallen a sacrifice to the knife.

As we, horror-struck, contemplate the outrages perpetrated during the dark middle ages against dissenters and witches, we doubt not that in years to come people will fail to understand how we could authorize a class of men—our licensed drug prescribers—to undermine our health with thousands of deadly drugs, and to hack, slash and saw us all to pieces.

Is it not a shame that even to-day the drug people, with all their pretended lore, their colleges and universities, their libraries and professors with high-sounding titles, and the great esteem in which they are held and hold themselves ; that in spite of all their countless remedies and innumerable costly instruments, and their thousands of Latin and Greek terms by which they dazzle the ignorant crowd as well as themselves—we say, is it not a shame that they are unable to effect any of the cures which were readily achieved by the peasant Priessnitz some sixty years ago ?

Language has no expressions strong enough to denounce the crimes committed by the drug profession against their fellow-men. Or is it no crime if they know of better methods and decline to adopt them ? As the past shows, the drug poisoners would willingly deliver the Water Cure to eternal forgetfulness. Hence it becomes the sacred duty of every one to

enlighten himself on this subject and to arouse public sentiment so as to abolish by law all dispensing of poisons.

Verily, if we do not want the human race to go entirely to wreck and ruin, it is now time to free it from the yoke of bondage, which the drug profession, by their partisan laws, has laid upon it.

Down with the narrow-minded conservatism and superciliousness that opposes human progress and happiness! A man who understands his business needs fear no competition; it is ignorance that seeks protection.

It is needless to preach moderation concerning food, drink, or any other desire. If we eat and drink what has been accorded to us by nature, moderation follows as a natural consequence. Nature Cure reduces abnormal weight by throwing off all sick and effete matter. Nature Cure is the only rational, thorough and true beautifier of body and soul. It lessens the number of our wants, and increases our pleasures. It cures bad habits and unnatural tastes. It makes healthy, wealthy and wise, and leads to a long life full of contentment of mind.

Naturists do not recognize sickness as an entity; it is nothing in itself; its phenomena are produced by the presence of foreign matter, obstructing the organic functions; the body itself is always well. Drive out the foreign matter, and the body will become healthy again. This thought of the integrity of the body must and will conquer the world. The latent deposits are not virulent; if any portion of the body be destroyed it has been accomplished by the action of poisonous drugs. Let man become intelligent enough to understand these matters, and he will also become as sound as the animals of the field. Health is his true *inheritance*, health and bliss; and that from the cradle to the grave.

The story goes that during the Golden Age man was free from suffering; lying and vice were unknown, and people had no worry, but lived as happily and carelessly as the beasts of the field. We hold that this story is no mere fiction; that it has an historic background; that it originated in man's consciousness that at one time health and happiness were his birth-right. And we hold further, that this condition may be regained by our return to a more natural mode of living.

A perverse way of living makes us sick; a correct regime keeps us in health; protects us against all contagious influences, and when already sick, restores us to health. Where these simple means do not suffice, no drug and no knife will avail. The introduction of our Natural Methods as the sole remedy, marks a new era in Medical Science.

We fall a prey to sickness by disobeying the laws of nature; and we remain in health, ward off contagion and restore lost health, vigor and

beauty by returning to a natural mode of living. We consider this conception of the reciprocity between health and sickness the grandest modern discovery.

A person remains in health as long as his system eliminates the matter absorbed as fast as it is taken; sickness follows, if more improper matter is introduced than is removed; health is restored when more unhealthy matter is gotten rid of than is absorbed.

Life insurance companies ought to endorse both our diagnosis and mode of treatment. By calling the attention of their patrons to our mode of preserving health, and by sending their rejected cases to us for restoration, they would increase their profits considerably, because the lives of people would be much prolonged.

The drug people, by seeking disease, and by dwelling upon it, have hypnotized themselves and the public into recognizing it as an entity, and have caused sickness to become a universally accepted state of affairs. Now, the mind forms the body to an extent; therefore we endeavor to hypnotize, as it were,—people out of sickness and into health, by inducing them to look only on pictures of health, strength, and beauty. Do not *think* of disease; do not let your mind dwell on the hideous, unnatural subject. Rouse your energy! Put your foot down and say,—“*I will be well!*” and avail yourself of every natural means to make and keep yourself vigorous and healthy. Seek sunshine, and provide fresh air for yourself night and day; do not sit idle at home all day, nor go abroad only to sit in carriages or cars; *walk*, busy yourself, make yourself useful, cast sunshine upon other lives by your own sunny temper. (FIG. 151).

“Count that day lost, whose low, declining sun,
Sees by thy hand no noble action done.”

What a person seeks, he finds. A person seeking strength, will become strong, as he will seize every opportunity of improving his muscular development. A person looking for riches will accumulate them, not only by economy but by tenaciously holding to what he already possesses, leaving not a stone unturned if there is a gain possible. So it is with health and its reverse; whether you will be healthy or sick, depends largely upon which of the two ideas is uppermost in your mind; not, as the mental healers claim, that the mere picturing of those ideas alone will make you well or sick, but because you will exert yourself and take the necessary step to avoid harm, and recover health.

A mean person will express his character in his features, and so will a benevolent one. Every thought has its corresponding expression in the external features, form, motions, carriage, etc., hence it is necessary to fill

the mind with pictures of health, strength, beauty, and symmetry, if you are desirous to possess these attributes. Keep every idea of sickness, ugliness, and deformity out of your mind; avert your gaze from evil. Don't go to Dime Museums that present deformities and exhibit monsters; but go

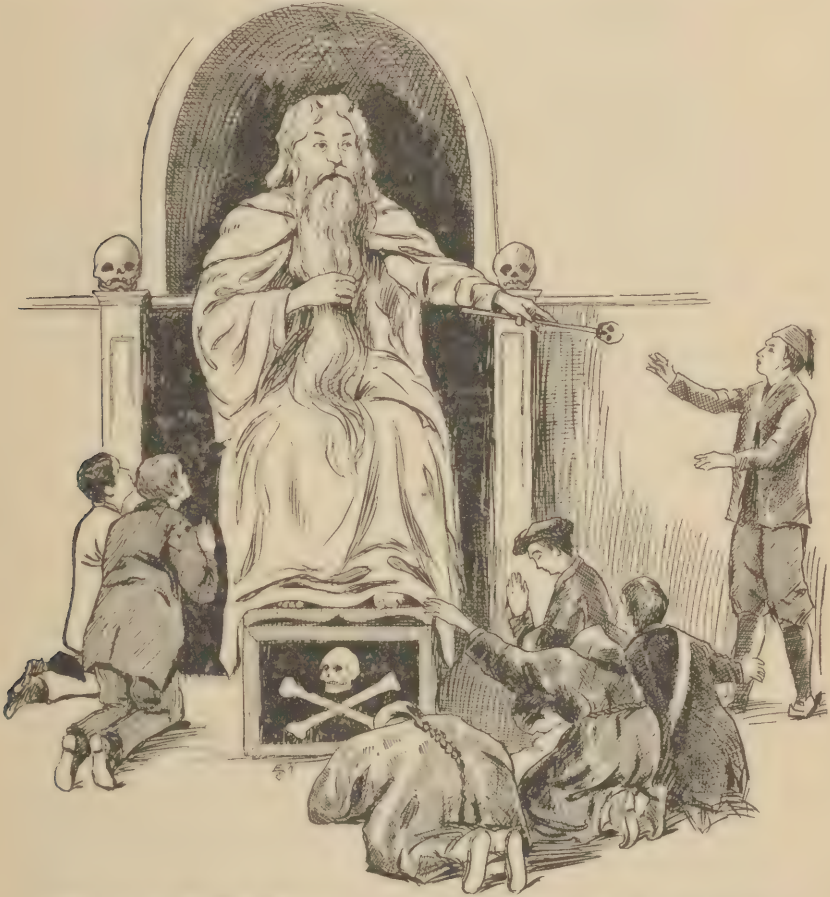


FIG. 151. *Medical ignorance incorporated.* The civilized nations prostrating themselves before it, praying not to be killed off all at once.

where they offer feats of strength and beauty, or anything that will elevate you. Don't patronize newspapers that are filled with accounts of murder, scandals, depravity and nonsense. Shut your eyes; don't see it.

See only the good side of the world. The fruit tree and the deadly nightshade grow side by side; one extracts poison, and the other, life from the same soil. It rests entirely with you, whether you do the one or the other.

Seek mental and physical diversion, rest when tired, sleep when sleepy; partake of the food nature offers with such lavish hands; study Nature as revealed to us now only in wild animals, and attend promptly to her calls.

If you will only make a careful study of health and all that pertains to it you will soon find yourself wondering at the monstrous and perverse doctrines of the drug profession, and at the blind, incomprehensible folly of the public who, in the full possession of their senses can follow such teachings through a life-time of suffering to an untimely grave.

As a truly healthy mind cannot dwell in a sickly body, and as, at least in civilized (!) countries, hardly a normal person can be found, on account of people's perverse mode of living, our minds, too, must be more or less affected. This is the explanation of the universal discontent and the unsatisfied longing running like a red thread through the writings of modern poets, novelists and philosophers; it was quite unknown to the ancient Greeks, who had less spices, no alcohol except in wine and no narcotics and drug poison; but instead, plenty of outdoor exercise, bathing and systematic and harmonious physical and mental training. They became the originators of a vast amount of the culture that has come to us, and that will be delivered to future generations.

We see that on an average, many people spend the greater part of their earnings in becoming sick. Now, if a person hustles from morning to night, the entire year round, to make money which he exchanges for misery and repentance, and if such a person finds no moment's time in which to consider how to enjoy his income in a reasonable fashion, does this not strike you as a case of mental aberration? (FIG. 152 and 153).

The body being more or less encumbered with corrupt matter, the brain cannot operate as perfectly as it ought to do. Can we then suppose that the average mind is as bright, as well balanced in its various faculties and as prompt to recall and forestall facts as might be the case if free from these impediments? Or is it a sign of a normal condition if we behold one half of the human race set against the other half in deadly array? Nations against nations, race against race, creed against creed, employers against employees, and the seller against the buyer? Do we find anything like it in nature: One half of a certain species endeavoring to swallow up the other half? Does it not appear that we find ourselves in a horrible, unwholesome state of affairs?

The more primitive people were, and the closer they lived with nature, in the same proportion they were healthier, enjoyed life better, got more satisfaction out of it, and hence had less of an incentive to hope for a better here-after. Civilized nations, living very abnormally, outraging na-

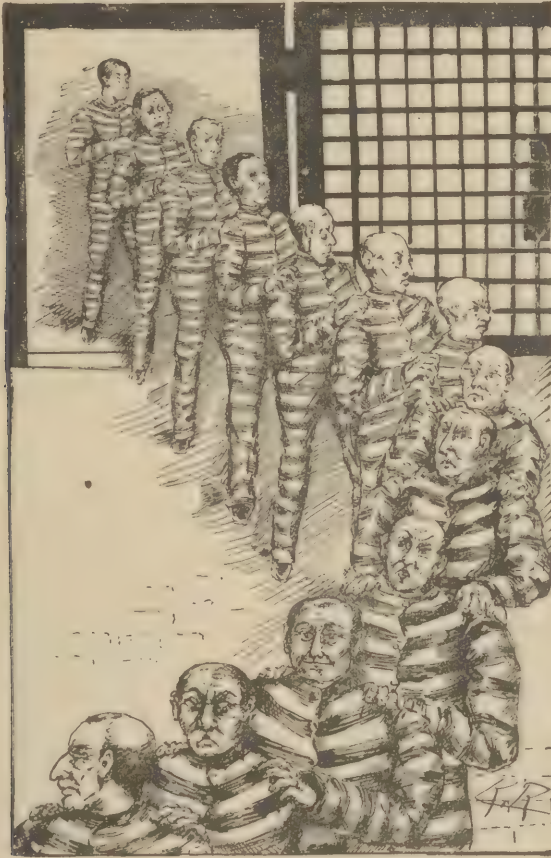


FIG. 152. *Penitentiary.* Many drugging people, for teaching, and often practicing abortion, and for poisoning and mutilating people, would be in the penitentiary as punishment if they were not often shielded by the unconstitutional medical laws which they have engineered through the legislature, not for the good of the public, but for the profit of their own pockets.

ture at every turn, are in a poor state of health, get little *true* enjoyment out of life in spite of all their frantic efforts, and concentrate their hopes

upon a high state of bliss in heaven. It might be questioned, which of the two views is the healthier, the more satisfactory, the more in accord with nature, and with the intentions of the divine Originator of this same nature.



FIG. 153. Members of the drug profession, for their cynical teachings, their useless local examinations of female organs for every trifle; for their conservatism in old-fashioned, irrational methods, etc., deserve, if not Hell—at least the hearty contempt of every honorable person.

Undoubtedly, civilization has its advantages. There is no necessity of risking our lives on a bear hunt to secure his flesh for food, or his skin for a couch; neither are we obliged to look for our necessities abroad,

during inclement weather. But what we desire to point out is the harm accruing from our abnormal conditions, and the desirability of combining modern comfort with ancient health and happiness. The two states, we maintain, are by no means incompatible.

But it is not to be expected that people, even if convinced of the truth of these theories, will immediately make radical changes in their regime and whole manner of living—It was by degrees, step by step—that man strayed from nature, and he must find his way back by degrees. You might begin by taking less condiments and spices, weaker coffee, observe some of the general rules of health as to exercise and bathing. As you get used to this, and your determination strengthens, you will gladly give up meats, soups, white bread and *all* animal products. It will then be but a step to the ideal condition of doing altogether without alcohol and all stimulants and taking all food cold and as much uncooked as your teeth will permit. Each must choose for himself, of course; but know that the more rigid his abstinence in the way of appetite, the greater your intellectual activity and the keener your spiritual enjoyments, your senses will be in perfect condition, and your whole organism free from suffering and infirmities.

Our hope is that we have shown in this book as in a looking glass, the facts about the drug people. The conclusions that we draw are briefly as follows :—

1. No drug prescriber *knows* the true essence or direct cause of sickness, hence his efforts at healing, at the best, are blind struggles; and at the worst—a process of slow poisoning by drugs, or quick death by the surgeon's knife.

2. *All* medical prescriptions are harmful.

3. All operations, or other surgical measures, ice-bags, rubber stockings, blood-letting, scarrifying, etc., etc., are harmful and often fatal.

4. Any physician who prescribes any stimulant or narcotic is either woefully ignorant, or is criminally indifferent to their effect upon the human system.

5. Any person whose prescriptions are aught but those of Nature:—pure air, sunlight, physical culture, mental exercise, proper food, and necessary rest, should adopt any profession rather than the sacred calling of a physician—healer to the sick—for he is ignorant of the elementary principles of that vocation.

Now, we have no desire to appear bitter or prejudiced against the drug physicians as a body of *men*, and we beg to reiterate our former

statement,—that we have no grudge or rancor against any individual representative of the Drug Schools, but we consider it our duty to condemn and denounce in an unmistakable manner, their pernicious and irrational practices. For, thanks to the awful ignorance and perverse teachings of the drug people regarding Health, man, who by dint of his greater intellect and higher organization, should be, physically as well as mentally, the highest type of created perfection, is not only the most unhealthy, but constitutes the *only* sick class of created beings, the *only class*, whose Health is shattered, excepting the diseased domestic animals, spoiled by his perverse treatment.

The conditions under which we are living are fearful, terrible, heart-rending. Language has no fit expression to describe them. Just think of it. Here is a band of seven thousand unscrupulous and heartless robbers and poisoners let loose on the inhabitants of New York, who hourly, daily, the whole year round, perform the most appalling wholesale slaughter and execution, despatching their victims by the thousands. And yet so careful has been their training in their fatal art, and so stealthily is their job done that even of those who fall under their stroke, few have the faintest idea that they are being murdered. Really, to look at such facts, a person almost despairs of progress. Is it surprising that no normal person can be found in this city? In ancient Rome, people were thrown to the ferocious beasts, and the times of the Inquisition have furnished many a sickening spectacle; but those executions took place only occasionally. With us, they are an every day affair. Let it always be remembered, that any person dying from any other cause but old age or accident, falls a sacrifice to medical ignorance, greed and heartlessness.

Innumerable as the stars in heaven, are the crimes of the drug profession. Every one of you, from the field of his own experience, should know that we speak but truth.

Our misery commences with birth, and does not cease when we close our eyes forever, as the attendance of the drug profession does not prevent people from being buried alive.

People ought to rise in a body against such outrages; they have endured them too long.

Do not be soft-hearted, do not have mercy on the drug poisoners; they never have had, nor ever will have any mercy on you or yours; and besides—untimely mercy would only prolong their death-struggle.

The belief in the pills, powders and potions of the Drug School, is a superstition, worthy of the middle ages, but quite incompatible with our present position of natural sciences. The belief of the Caucasian race

in the efficacy of the drug quacks and their drug stuffs is just as gross and glaring a superstition, as the confidence with which some Asiatics rely on their manufacturers of bad and fair weather. One is not a trace more rational than the other ; they only seem different, because every one is blind to his own folly.

Let all those who have been ruined by drug medication, or who have not been cured, and been financially depleted, or who have had their health undermined, join our ranks, create a stampede ! down with the poisoners !!

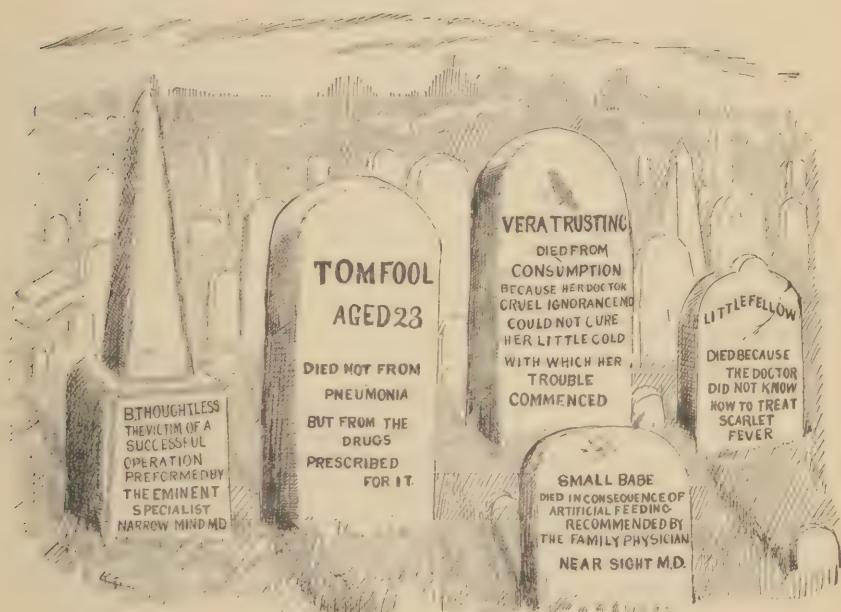


FIG. 154. *A Graveyard.*—The Drug Venders blame microbes, appendicitis, 'change of life,' and similar inventions of their ingenuity as the cause of death. These troubles do not affect the wild animals, and have no terror for the Pupil of Nature. Those causes of death are but excuses for their bottomless ignorance.

Indeed, the Drug advocates are a happy lot ! Being able to bury their blunders and mistakes five feet or more under ground, they have no incentive to study more rational and less fatal methods.

Before a new building can be erected, it is necessary to tear down the old one ; and so, in order to introduce Natural Methods, the present system of Drug Poisoning must be crushed, must be erased from its foundations.

The significance of our work, is a combat between knowledge and ignorance, between truth and falsehood, honor and scheming; it is a STRUGGLE for life and death; but the *fittest will survive*, and this assurance supplies us with indomitable courage and hope.

Either Drugs or Nature Cure, *you* have to choose; there is no possible compromise between the two. (FIG. 154.)

Every man who employs the services of a poisoner, aids in upholding and perpetuating the system of ignorance and fraud, and bribes those fine specimens of humanity to reject the new light for the benefit of their pockets. It is a crime against mankind at large, and himself and family in particular.

Do not think we are too severe in our criticisms; on the contrary, in the face of the fact that Priessnitz taught his system some sixty years ago, and that Trall, Shew, Bulwer, Forbes, and many others advocated or practiced it forty and fifty years ago; and considering that our poisoners have not heeded their warning voices, but have continued to poison and slaughter their fellow-men by the millions, and to fill countless asylums with the victims of their drugging mania, we say, that we would feel ourselves guilty and participants in their crimes, if we did not exert our utmost endeavors to denounce them with whatever little power we possess; to tear off their false faces, and bring to plain view these miserable idols of ignorance.

People who refuse to listen to our warning voice, and prefer to be drugged from disease to disease into an untimely grave, are at perfect liberty to do so. Our consolation is, that they are in the position of those infants who are fed by their mothers from the bottle. Eventually they will be superseded by a race that is fed naturally, and endowed with greater understanding. We have done our duty in trying to enlighten you for *your* benefit, not for ours; and we can but say that we are extremely sorry for those who persist in swallowing poisons, and thereby creating conditions that will deliver them to the surgeon's knife.

The author proposes a practical test. Let us select a number of patients afflicted with diverse forms of disease and then divide them into two equal classes by lot, the drug people to treat one half, and himself the other. Let us do more. Our opponents shall be at liberty to select any number of their highest coryphees to treat their share of patients jointly, and the author will take charge of the other half by himself. Nay, he goes still further: His antagonists shall be permitted to use any of their many thousands of aids for treatment, whereas the author will confine himself to the use of sitz bath, packs and ablutions. Even under these restric-

tions he pledges himself to restore many more patients than his competitors, and in a shorter space of time.

Ours is not the first challenge issued to the drug profession. Some thirty years ago Dr. R. T. Trall the foremost champion of Nature Cure in this country, issued a challenge from which we quote in extract :

"Why do I go to the *people* instead of the medical profession with my controversy? And why do I seek controversy at all? Because the profession utterly refuses to discuss the issues I present; and because controversy is the only method by which both sides and all points of our subject can be brought fully and fairly before the public mind. If my opponents are right they should be sustained. If my system is true, theirs is false. If their system is true, mine is false. There is an 'irrepressible conflict' between them.

"And again, the Drug Medical System cannot bear examination. To explain it would be to destroy it, and to defend it even is to damage it. Its only safety consists in non-agitation, and all it asks is to be 'let alone.'

"But the system I teach cannot live without investigation. The more it is examined, the better it is liked; the better it is understood, the more it is confided in; and no person probably lives on the broad earth who has fully investigated it who does not fully believe it. Give me the most capable expounder and defender of the Drug Medical System that the Colleges can furnish for an opponent, and I will soon have three-fourths of the American people, and nine-tenths of the doctors, of my faith.

"The doctrines and theories commonly taught in medical schools and books, and practiced by the great body of the medical profession, are untrue in philosophy, absurd in science, in opposition to Nature, and in direct conflict with every law of the vital organism; and that these are the reasons, and the only reasons, why medical science does not progress as do all other sciences.

"If I shall have any advantage over you in this debate, it will consist, simply, in having truth on my side. Should it turn out that I am mistaken, should the truth happen to be on your side, I shall glory in my defeat quite as much as you will rejoice in your triumph; for, if I know myself, I have no thought, emotion or desire, except to elicit and understand the exact truth, whatever it may be.

"The Drug System teaches a *false* doctrine of the essential nature of disease; a *false* doctrine of the action of medicines; a *false* doctrine of the relations of disease to the living organism; a *false* doctrine of the relations of remedies to the living organism; a *false* doctrine of the rela-

tions of remedies to diseases; a *false* theory of vitality; a *false* theory of the "*vis medicatrix Nature*," or remedial power of Nature, and a *false* doctrine of "Nature's law of cure."

"The hygienic system is *true* in philosophy, in *harmony* with Nature, and rational in practice; that all of its fundamental doctrines in relation to the nature of disease, the action of remedies, the relations of diseases and remedies to each other and to the vital organism, and also in relation to vitality, the "*vis medicatrix natura*," and Nature's law of cure, are both *true and demonstrable*.

"Or I am willing to affirm, generally, that your system is false and that mine is true."

"We are practitioners of systems which are diametrically opposed to each other. There is between our theories an irrepressible conflict; our methods of treating diseases are as opposite as possible. If your system is true, mine is false. If mine is true yours is false. If the medical doctrines which you teach are false in theory, they must necessarily be more injurious than useful when applied to the treatment of diseases.

"We disagree radically and fundamentally, in relation to the first principles and primary premises of medical science.

"The world has a vast, an incalculable interest in this matter of difference between us. Humanity has an interest in knowing the exact truth or falsity of your system and of mine, as important as are the issues of health and disease, of life and death, of physical salvation or perdition.

"In a fair contest error is the only sufferer. If you believe that my system is fallacious, is it not your duty to show the world wherein it is so? Believing your system to be fallacious—a delusion—I cannot reconcile letting it alone with my sense of duty. I now offer you the opportunity of showing, if you can, the truthfulness of your system and the falsity of mine, on the condition that I have an equal and precisely the same opportunity to prove the truthfulness of my system and the falsity of yours, Is not this fair? Can you, in justice to yourself, to the profession you in part represent, to truth and to humanity, refuse to embrace it? I give you the chance to refute, disprove, or damage my system, by facts and figures, logic and argument, in any way and to any extent you please, through the columns of its organ—the *Water-Cure Journal*."

This challenge remained unanswered,—why? Because every word is irrefutably true. Because by silent contempt the drug people hope to smother this truth that is rising with healing in its wings for all the suf-

fering world. And the truth thirty years ago is the truth of to-day; and drug empiricism is as helpless to answer *now* as then; showing that the drug system has advanced not one step since Trall's time. If any progress has been made by it, it is that of a lobster—backward, multiplying disease instead of diminishing it.

Not infrequently the author is told that one or another prominent (!) member of the drug schools has referred to him as a 'humbug.' The humbug in this case is the one who pretends to be able to cure although incapable of making good his promise. Now, if those gentlemen (!) possess any sense of fairness, they will accept our challenge, meet our arguments and leave the public to decide which of us is the humbug. If they fail to do so, the public will know what to think of them. But it is more than likely that they will now, as in the past, evade the issue and continue to exercise their malign influence over the greater part of the human race until, as the world moves on and the race becomes more enlightened, Nature's laws are more and more heeded, and Nature's crown of glory—man—returns to her in loyal allegiance.

We, secure in our unassailable fortress of truth, hope for an answer to our challenge. The author of this book challenges the entire drug profession, or any one of its representatives in single combat, to point out *any* essential mistakes in his representations. He is willing to print the reply and his answer in his next publication. Let this champion of the drug schools show one single way in which their methods have benefitted mankind; we will prove it a misconception, a fallacy.

Oh you who have made a monopoly of treating Disease, and who have tried to suppress competition, come forth and defend your standpoint. Show us and the public where we are wrong and you are right!

Perhaps it will be easy for you to defend your ground! It may be the old combat of Goliath and David reversed! The giant Drug with hands stained by the blood of his fellow-men may crush the stripling who has but one weapon in his hands, Truth, fashioned by Nature. But, verily, we rather think that once more right will conquer might, wrong will be stamped out by good, and Humanity, turning once more to Nature, will avail itself of the Natural Methods of Cure, and find itself on a plane of universal Health, happiness and prosperity.

We are aware that in our efforts to make clear to our readers the simple laws of Health, we have, perhaps, repeated these laws;—reiterated again and again, perchance, these simple truths;—but our desire to benefit mankind is very great, our longing to free the world from the yoke of the drug schools,—under which the so-called civilized races especially are

groaning,—is such a strong one, that we feel like shouting these truths from the very house-tops, until all the world listens and turns toward the truth, towards Nature. We have laid the two methods, the natural and the drugging system side by side before you, and now we leave it to your common sense to decide whether your Health shall be restored and preserved, or whether you are content to suffer on, and to continue filling the pockets of the medical people, surgeons, druggists, and undertakers.

Medicine and Nature Cure are radically in opposition—you cannot live by both; test them both, and approve or condemn by the results. Think for yourself; use your own judgment, and if the issue is not in favor of Nature Cure, it is because drugs have already stultified your reasoning powers, and medical men have prejudiced your mind to an abnormal extent

The author trusts that in his effort to free his fellow-men from the yoke of ignorance and misery imposed upon them by the prevailing drug schools, he will have the assistance of all those who love the truth and their suffering fellow-creatures.

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Louis Rubne's Facial Diagnosis,

Translated and Illustrated, with Notes

BY

AUG. F. REINHOLD, PH.D., M.D.

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Contents: The present methods of Diagnosis only indicate *present* ailments; they are also unreliable. '*Facial Diagnosis*' is essentially an *Ante-Diagnosis*, enabling us both to foresee and forestall *future* sickness; its methods are unerring. It dispenses with all *Operations* and *Local Examinations of the Genitals*, so repellant to females. It shows the cause and cure of Cancer, Consumption, Blindness, etc.; also of Onanism, Barrenness, Impotence, Miscarriages, Difficult Parturition, Inability to Nurse, Feeble Offspring, etc.; it ascertains the physical condition and latent possibilities of children. It enables us to read from ancient busts the cause of the downfall of Nations. It explains how to attain for ourselves the highest standard of Physical Perfection and Beauty, and how to raise one's Mental capacity to the utmost degree.

Any one can acquire its methods, and find out for himself where he stands as to health, and how to escape future suffering.—A classical work. Its appearance will make a revolution in the existing methods of Diagnosis, and treatment of disease. Indispensable to physicians, and highly valuable to parents, and everybody else.

All the leading papers and periodicals have greatly commended the book. We restrict ourselves to quote from *The Daily Register, Mobile*, as giving the following synopsis:

"If the theories set forth in this work are found by experience to be correct, as indeed, seems probable, they will cause a revolution in medical science. We quote from the introduction: "Facial diagnosis is the ability to determine the physical status of a person from external appearances. By its use, it is possible to discover accurately the amount and location of matter in the body, foreign to its normal condition; and by recognizing incipient tendencies to special phases of disorder, not only to warn the patient of the danger impending, but to summarily counteract the same by natural and unfailing means." "There is but one cause of physical disorder, and properly speaking, but one disease.

ABNORMAL DEPOSITS—though this, being subject to the widely differing influences of heredity, climate, food, age, vocation, etc., necessarily manifests itself in greatly varying aspects; its specific location becoming evident by the external alteration of some part or organ of the body." "The one common cause of all disease, is the presence of foreign substances in the body." "It is these corrupt deposits that in time completely change the shape of the body. Knowing the outline of the normal form, the intelligent observer can trace the slightest deviation from it, and so is enabled to estimate exactly the character and extent of the consequent disorder." "There is no sickness without fever, and no fever without sickness; because no sooner is any foreign matter introduced into the body, than the battle between the organism and that matter begins; and it is this strife—this friction—which appears as fever." The author begins his work with a criticism of existing methods of diagnosis, pointing out what seem to him to be very grave defects, the gravest being that old methods cannot recognize the approach of disease, and that having recognized its presence, they cannot estimate accurately the extent of farther developments, while his enables the tendency to a disease to be recognized long in advance of its actual appearance. In elaborating his method, Kuhne begins with a description of "The Healthy Man." He tells us that only by degrees did he succeed in constructing the image of a normal human body, as so far he has not succeeded in finding a single person who was normally healthy in every respect. He accomplished it finally by observing the manner in which the various functions of the body were performed. The normal form of a man in perfect health he obtained from study and measurements of Greek statues, claiming, with reason, that the ideal of beauty and the standard of health are always identical. Then follows a very interesting series of cuts and explanations showing the changes from this normal, caused by deposits of matter foreign to the health of the body, which de-

posits, the author aptly names "encumbrances." The diseases finally resulting from the encumbrances are also enumerated in their proper places. A section on "Facial Diagnosis in Practice," giving some experience of Dr. Kuhne in applying his method and illustrating its utility is next in order, and he makes a strong case for himself. A few pages are devoted to "Removal of Encumbrances," which the author says should be done in all cases by natural methods, as he claims that medicine simply suppresses the visible symptoms of disorder, without removing its cause, and transfers the trouble to some other organ. Sections on "Increasing the Vitality," "What Shall we Eat?" "Where Shall we Eat?" "When Shall we Eat?" give a general view of the author's opinions on the subject of diet. While we may not relish his recommendations as to raw food, we can all agree with him that plenty of sound fruit is conducive to perfect health. The book closes with a few words on "The Relation of Facial Diagnosis to Phrenology," and a "Summary by the translator." It is embellished throughout with illustrations showing clearly the points indicated by the text. The translator has annotated it, giving his views on, and experiences with, the method. In his "Notes on Kuhne's Introduction," the translator says: "If the author of this work, or myself, appear at any time prejudiced or severe in our criticism of the existing methods of diagnosis and attempts at cure, I want to forestall at once any misunderstanding upon the subject, by saying that I, at least, have not the slightest animosity toward any representative of the medical schools. On the contrary, we cannot but recognize the service rendered to mankind by these men in the accumulation of valuable facts concerning the human body." As regards the value of the book, we can only say that it will be determined by experience, and this experience need not be confined to the medical fraternity, for any person of intelligence, can study the personal appearance of those with whom he comes into contact daily, and observe whether the peculiarities of their several appearances are accompanied by the disorders or tendencies to disorders correlated with those peculiarities by this work. The work is truly a remarkable one and the possibilities opened up by it immense. It is to be followed by other volumes on the same and related subjects and the collection, when complete, will form a valuable addition to the literature of Hygiene.

We Intend to Establish a College

FOR GENERAL AND THOROUGH INSTRUCTION IN

Nature's Curative Methods;

and in Connection with this

A Hospital and Free Dispensary With Courses of Public Lectures

Upon the Various

Natural Methods of Healing;

also a

Society and a Periodical for the Promotion of the Same and to Bring

About a Revision

OF THE EXISTING MEDICAL LAWS.

And Why? Because, notwithstanding the fact that between seven and eight thousand physicians are at work night and day here in the City of New York alone, a perfectly healthy man or woman is really a rare sight. Place side by side with this fact, the corresponding one, that the races who live *undoctored*, with the animals not subjected to man's control, are really the healthy ones, and the conclusion seems too obvious to need any emphasis. The gradual physical deterioration of civilized races, furnishes irrefutable evidence of the hoplessness of attaining health by the Drug System. Take for example, so seemingly trifling an ailment as a cold in the head, (though as a matter of fact, many really serious ailments develop from neglect of this same "trifling" disorder). Have the drug doctors made themselves masters of even this?

Again, let us instance a case of Rheumatism, which we well know is the direct result of certain impurities in the blood. Then let us suppose it has settled in the knee. A medical doctor is consulted; he administers some drug which, perhaps, succeeds in dislodging the deposit from that particu-

lar point, (but being a poison in itself, of course cannot rid the system of it) and the physician congratulates himself and his equally ignorant patient, that the disease is cured (?) But very often, the case is, that, aggravated by the additional impurity, administered under the name of medicine, a second attack shortly follows, even more severe and prolonged than the first. More drugs are administered, and consequently a third return of the malady proves yet more painful and difficult to cope with, until partial paralysis, which, sooner or later, is the direct and inevitable result of such a course of treatment, renders the patient more or less of a cripple for the remainder of his life, and he is considered a martyr under the *stroke* of some mysterious "dispensation of Providence;" whereas, in reality, he is the victim of his own folly and another man's stupidity. A person suffering from some slight indisposition—A cold, *e.g.*, which after a time settles in the feet, stomach, or lungs—after years of medical attendance, during which he has spent a fortune and in return for which, has been saturated with drugs, at last is told that he is suffering from cancer, gangrene, or some such well-nigh hopeless malady, but at the same time is led to believe that, but for the constant and faithful attendance of his medical adviser, this might have been his fate years ago; whereas he might have had perfect health instead, save for this same "peddler of poisons."

Used as it now is, the title of "M.D." is a farce, and indicative of a degree of ignorance, suggesting barbarism. The cures (?) effected by medicine are merely accidental, or more accurately speaking, triumphs of nature *despite* drugs and poisons. Innumerable medical books have been written describing the various physical ills to which man is considered the natural heir, with elaborate explanations of the treatment to be given in each. The natural methods of healing, on the contrary, taking the stand that disease is *not* a necessary condition of human existence, and that *perfect health alone* is normal, recognize but one general cause of physical disorder, impurity of the blood, *i. e.*, the presence of substances foreign to the normal state of the system; though the different phases of the trouble may be evidenced in various ways, owing to the particular locality of the poisonous deposits. Natural cure then goes about the elimination of these impurities by such rational methods as regulation of diet, the water cure treatment, the subtle agencies of light and color, the power of mental influences and other like means.

Many of the more intelligent and conscientious members of the medical profession are coming by degrees to admit the futility of filling with drugs, a system already charged with poison.

But it is not enough to let one voice here and another there be lifted in exhortation and appeal. We, who so clearly see the dawn of a brighter era must unite, must raise our voices in concert, and must combine our forces for a valiant fight against this deep-rooted heresy, which, seen in its true light, would be almost amusing were its acceptance not fraught with such fatal consequences. To believe in the curative virtues of drugs is equivalent to believing that if one dose makes sick, two doses will make well. It is like a slap in the face to any sound intelligence. The system already taxed to rid itself of the impurity first causing the disease, must continue to waste its energies in the struggle with this double burden. The same thing that *keeps* a man well will *make* him well. *Nothing* should at *any* time be taken into the system but substances conducive to its support and growth. The rational methods of both prevention and cure consist to a large extent in a return to simple normal habits of life; in cutting off the possibility of any addition of foul matter, while at the same time, with the aid of the water cure, eliminating most quickly and efficiently the impurities already accumulated. How universally applicable and simple, and yet how grand are these laws laid down by nature.

Meat is not palatable without seasoning; spices tempt to overeating and alcohol, and this leads to sexual excesses. In fact the Social Evil can be traced largely to the unnatural meat diet, and can be eradicated most quickly and surely by striking at the root of the matter, taking away the cause rather than trying to suppress the effect. A perfect healthy body, like that of a child, has no unnatural cravings; tobacco, alcohol, morphine, even tea or coffee and the more pungent spices prove abhorrent to its taste. But, even after the acquirement of these artificial desires, a resolute return to the laws of nature, will speedily free the individual from their dominion, and consequently from the pain attendant upon their gratification. Mental elasticity and equilibrium will keep pace with the physical one, and the acme of beauty will be reached in this adequate expression of mental, moral and physical symmetry.

The practice by women, of the water cure and other rational methods of living, not only insures easy parturition and the ability to nurse the infant with comfort, but guarantees increased vitality for the next generation. Children born of such mothers will be proof against contagious diseases, as well as free from that low, fevered condition of the system, which renders so many irritable and unmanageable and prone to masturbation.

It is a significant fact that reforms of any moment come always from without, and not within an organization. *Sincere* seekers after truth

welcome light from any source. Monopolies of all kinds are vicious, and a monopoly in the matter of promoting the public health, seen in its true colors, savors of the corruption and despotism of the Darkest Ages, Practitioners who can show uniformly successful results from their work, should surely have a voice in framing the laws which are supposed to regulate such work, and to be recognized as able to speak with authority in the matter. To this end we want to put upon a firm basis the various means enumerated on the first page for the wider dissemination of the truths contained in the theory and practice of nature's grand and simple methods of cure. It is truth we need and truth we are seeking. The course of study and investigation in the college proposed, shall be with this end in view, and to prevent the barbarity of treatment consisting in conjecture and experiment. We shall also seek to secure such official recognition of this college as shall ultimately lead to its incorporation by the state.

Through the establishment of a hospital the relative efficacy of nature's curative methods and those of the drug school can be fully tested and compared, while the dispensary and lecture course will enable every one who wishes to become his own physician to do so intelligently and effectively.

In publishing a periodical we propose to establish a medium for free, unrestricted discussion of the various roads to that greatest of boons—perfect health. Patients shall have an opportunity to compare means and results.

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